



Roy C Ketcham/ Wappingers JHS

(G) 7/8TH Cross Country (Wappingers Junior High)

Coaches:

- Jeremy Atkins

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2023	Wed	Regular Season	Arlington (LaGrange Girls Cross Country), Poughkeepsie @ Arlington (Union Vale Girls Cross Country)	4:45 PM	6:45 PM	Union Vale MS	Departure Point: Bus will Leave WJH and return to WJH Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Sep 27, 2023	Wed	Regular Season	John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country), Pawling, Arlington (Union Vale Girls Cross Country)	4:45 PM		Wappingers Junior High		L
Oct 4, 2023	Wed	Regular Season	Carmel @ Arlington (LaGrange Girls Cross Country)	4:45 PM	6:45 PM	LaGrange MS	Departure Point: Bus will Leave WJH and return to WJH Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Oct 11, 2023	Wed	Regular Season	Poughkeepsie, Carmel, Arlington (Union Vale Girls Cross Country)	4:45 PM	6:45 PM	Wappingers Junior High		L
Oct 14, 2023	Sat	Regular Season (Burnt Hill)	TBD	TBD		saratoga state park	Departure Point: 1 bus from WJ and back to WJ Departure Time: 6:00 AM Return Date: Return Time: 6:00 PM	L
Oct 18, 2023	Wed	Regular Season	Carmel @ John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country)	4:45 PM		TBD	Departure Point: one way shuttle Departure Time: 3:30 PM	L
Oct 23, 2023	Mon	Regular Season	@ Somers	4:30 PM	6:30 PM	Somers HS	Departure Point: 1 bus from WJ and back to WJ Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	L
Oct 26, 2023	Thu	Regular Season	@ Pawling	4:30 PM	7:00 PM	Pawling HS	Departure Point: 1 bus from WJ and back to WJ Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L

Date: 2026-01-07