



# Roy C Ketcham/ Wappingers JHS

## (B) 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 Boys Cross Country), Poughkeepsie @ TBD	4:45 PM	6:45 PM	Union Vale MS	<b>Departure Point:</b> Bus will Leave WJH and return to WJH <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Sep 27, 2023	Wed	Regular Season	John Jay HS/ Van Wyck JHS (Van Wyck JHS), Pawling, Arlington (LaGrange Boys Cross Country)	4:45 PM		Wappingers Junior High		L
Oct 4, 2023	Wed	Regular Season	Carmel @ Arlington (LaGrange Boys Cross Country)	4:45 PM	6:45 PM	LaGrange MS	<b>Departure Point:</b> Bus will Leave WJH and return to WJH <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Oct 11, 2023	Wed	Regular Season	Poughkeepsie, Carmel, Arlington (LaGrange Boys Cross Country)	4:45 PM	6:45 PM	Wappingers Junior High		L
Oct 14, 2023	Sat	Regular Season (Burnt Hill )	@ TBD	TBD		TBD	<b>Departure Point:</b> 1 bus from WJ and back to WJ <b>Departure Time:</b> 6:00 AM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Oct 18, 2023	Wed	Regular Season	Carmel @ John Jay HS/ Van Wyck JHS (Van Wyck JHS)	4:45 PM		Van Wyck Junior High School	<b>Departure Point:</b> one way shuttle <b>Departure Time:</b> 3:30 PM	L
Oct 23, 2023	Mon	Regular Season (Somers Middle School Invitational)	@ Somers	4:30 PM	6:30 PM	Somers HS	<b>Departure Point:</b> 1 bus from WJ and back to WJ <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Oct 26, 2023	Thu	Regular Season	@ Pawling	4:30 PM	7:00 PM	Pawling HS	<b>Departure Point:</b> 1 bus from WJ and back to WJ <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L

Date: 2025-12-06