

## Coaches:

- Charlie Ropes
- Rosemarie Neckles
- Dominick Mayo

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Mar 20, 2023	Mon	Regular Season	Poughkeepsie @ Carmel	4:30 PM		CHS Track	Departure Point: 1 bus for both girls and boys Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Mar 27, 2023	Mon	Regular Season	Arlington	4:30 PM	6:30 PM	Roy C. Ketcham HS		L
Mar 30, 2023	Thu	Regular Season	Tuckahoe, Poughkeepsie	4:30 PM	6:30 PM	Roy C. Ketcham HS		L
Apr 13, 2023	Thu	Regular Season	John Jay HS/ Van Wyck JHS, Poughkeepsie	4:30 PM	6:30 PM	Roy C. Ketcham HS		L
Apr 24, 2023	Mon	Regular Season	Poughkeepsie @ Carmel	4:30 PM		CHS Track	Departure Point: 2 buses leave RCK and return to RCK Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
May 1, 2023	Mon	Regular Season (League Championship)	Carmel, John Jay HS/ Van Wyck JHS, Mahopac, Poughkeepsie @ Arlington	4:30 PM		Arlington HS	Departure Point: 2 buses for both girls and boys Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
May 2, 2023	Tue	Regular Season (League Championship)	John Jay HS/ Van Wyck JHS, Carmel, Poughkeepsie, Mahopac @ Arlington	4:30 PM	6:30 PM	Arlington HS	Departure Point: 1 bus for both girls and boys Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
May 6, 2023	Sat	Regular Season (8th A)	@ Hyde Park	9:00 AM		FDR Stadium Field	Departure Point: 1 buses leave RCK and return to RCK - boys and girls track athletes Departure Time: 7:00 AM Return Date: Return Time: 1:00 PM	L

DATE	WEE! DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 12, 2023	Fri	Regular Season (Loucks Games)	@ White Plains	4:00 PM	7:30 PM	White Plains HS	Departure Point: 1 van leave RCK and return to RCK 7 athletes Departure Time: 2:30 PM Return Date: Return Time: 9:00 PM	L
May 13, 2023	Sat	Regular Season	@ White Plains	9:00 AM	5:00 PM	White Plains HS	Departure Point: 1 bus leave RCK and return to RCK Departure Time: 7:00 AM Return Date: Return Time: 6:30 PM	L
May 20, 2023	Sat	Post-Season	@ Arlington	10:00 AM	5:00 PM	Arlington HS	Departure Point: 2 buses leave RCK and 1 return to RCK Departure Time: 8:30 AM Return Date: Return Time: 6:00 PM	L
May 30, 2023	Tue	Post-Season	@ Monroe-Woodbury	6:00 PM	8:00 PM	Monroe- Woodbury HS	Departure Point: 1 bus Departure Time: 4:10 PM Return Date: Return Time: 9:00 PM	L

Date: 2025-12-06