



# John Jay HS/ Van Wyck JHS

## (G) V Cross Country

### Coaches:

- Tad Herman Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (Dream Big Invitational)	@ Warwick Valley	TBD		TBD	Departure Time: 7:00 AM Return Date: Return Time: 2:15 PM	NL
Sep 12, 2023	Tue	Regular Season (Mega Duel-Meet)	Carmel, Mahopac, Poughkeepsie, Roy C Ketcham/ Wappingers JHS @ Arlington	4:15 PM		Bowdoin Park	Departure Time: 3:30 PM Return Date: Return Time: 6:30 PM	L
Sep 20, 2023	Wed	Practice	N/A	3:00 PM		Sharpe Reservation	Departure Time: 2:30 PM	
Sep 23, 2023	Sat	Regular Season (Invitational)	@ Suffern	8:00 AM		Bear Mountain State Park	Departure Time: 6:30 AM Return Date: Return Time: 2:00 PM	L
Sep 27, 2023	Wed	Practice	N/A	3:00 PM		Sharpe Reservation	Departure Time: 2:30 PM	
POSTPONED Sep 30, 2023	Sat	Regular Season (Return to Milton Invitational)	@ Pearl River	TBD		Hudson Valley Sportsdome Complex 240 Milton Turnpike Milton, NY	Departure Time: 7:45 AM Return Date: Return Time: 2:45 PM	L
Oct 4, 2023	Wed	Practice	N/A	3:00 PM		Sharpe Reservation	Departure Time: 2:30 PM	
Oct 8, 2023	Sun	Regular Season (Brewster Bear Cross Country Classic)	@ Brewster	TBD		Brewster HS	Departure Time: 8:30 AM Return Date: Return Time: 3:30 PM	L
Oct 10, 2023	Tue	Regular Season	Carmel, Mahopac, Poughkeepsie, Arlington @ Roy C Ketcham/ Wappingers JHS	4:15 PM	6:30 PM	bowdoin park	Departure Time: 2:50 PM	L
Oct 16, 2023	Mon	Practice	N/A	3:00 PM		Sharpe Reservation	Departure Time: 2:30 PM	
Oct 21, 2023	Sat	Regular Season (WRDPTF Invitational)	@ Pearl River	TBD		Bowdoin Park	Departure Time: 8:30 AM	L
Oct 23, 2023	Mon	Practice	N/A	3:00 PM		Sharpe Reservation	Departure Time: 2:30 PM	
Oct 28, 2023	Sat	Regular Season (Northern Counties Championship)	@ Arlington	TBD		TBD	Departure Time: 8:30 AM Return Date: Return Time: 12:00 PM	L
Oct 30, 2023	Mon	Practice	N/A	3:00 PM		Fishkill Farms	Departure Time: 2:30 PM	

Date: 2025-12-19