

# Tappan Zee HS

## (G) V Cross Country

Coaches:

| DATE         | WEEK DAY | TYPE   | OPPONENTS             | START TIME | END TIME | LOCATION                          | DEPARTURE                        | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------------------|------------|----------|-----------------------------------|----------------------------------|--|---------------------|
| Sep 2, 2022  | Fri      | Regular Season   | TBD @ Monroe-Woodbury | 12:00 AM   |          | Monroe-Woodbury HS                | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 1:45 PM  | L                   |
| Sep 2, 2022  | Fri      | Regular Season   | TBD @ Monroe-Woodbury | TBD        |          | TBD                               | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 1:45 PM  | L                   |
| Sep 10, 2022 | Sat      | Regular Season (21st Somers big Red Invitational)                      | @ Somers              | 8:00 AM    |          | Somers HS                         | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 6:30 AM  | L                   |
| Sep 10, 2022 | Sat      | Regular Season (21st Somers big Red Invitational)                      | @ Somers              | 8:00 AM    |          | Somers HS                         | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 6:30 AM  | L                   |
| Sep 13, 2022 | Tue      | Regular Season   | Pearl River           | 4:30 PM    |          | TZHS Grass field                  |                                  |  | L                   |
| Sep 13, 2022 | Tue      | Regular Season   | Pearl River           | 4:30 PM    |          | TZHS Grass field                  |                                  |  | L                   |
| Sep 17, 2022 | Sat      | Regular Season (Regis Invoice)   | TBD                   | 8:00 AM    |          | Van Cortlandt Park                | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 6:45 AM  | L                   |
| Sep 20, 2022 | Tue      | Regular Season (Dual Meet)   | Nanuet                | 4:15 PM    |          | TZHS Grass field                  |                                  |  | L                   |
| Sep 24, 2022 | Sat      | Regular Season (Milton Invite)   | @ TBD                 | 8:00 AM    |          | Hudson Valley Sports Dome, Milton | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 8:00 AM  | L                   |
| Sep 28, 2022 | Wed      | Regular Season (Dual Meet)   | @ Nyack               | 4:30 PM    |          | Nyack HS                          | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Arena<br><b>Departure Time:</b> 3:10 PM          | L                   |
| Oct 1, 2022  | Sat      | Regular Season (NY State Night-Time Showcase presented by New Balance) | @ TBD                 | TBD        |          | Twins Pond on The Farm            | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 4:00 PM  | L                   |
| Oct 8, 2022  | Sat      | Regular Season (Manhattan Invite)                                      | @ TBD                 | 8:00 AM    |          | Van Cortlandt Park                | <b>Bus/Driver:</b> Brega - 1 bus | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 10:30 AM | L                   |
| Oct 14, 2022 | Fri      | Regular Season (League Champs)   | @ TBD                 | TBD        |          | Bear Mountain                     | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Arena<br><b>Departure Time:</b> 3:10 PM          | L                   |
| Oct 22, 2022 | Sat      | Regular Season (Section 1 Coaches)                                     | @ TBD                 | TBD        |          | Bowdoin Park                      | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 10:30 AM | L                   |
| Oct 27, 2022 | Thu      | Regular Season (Rockland Champs)                                       | @ TBD                 | TBD        |          | Bear Mountain                     | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Arena<br><b>Departure Time:</b> 12:00 PM         | L                   |

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|--------------|----------|---|--------------------|------------|----------|---------------------|----------------------------------|---|---------------------|
| Nov 1, 2022  | Tue      | Regular Season (Ray Roswell Frosh)            | @ Clarkstown South | 4:30 PM    |          | Clarkstown South HS | <b>Bus/Driver:</b> Brega         | <b>Departure Point:</b> Arena<br><b>Departure Time:</b> 3:10 PM         | L                   |
| Nov 5, 2022  | Sat      | Regular Season (Section 1 Champs)             | @ TBD              | TBD        |          | Bowdoin Park        | <b>Bus/Driver:</b> Brega - 1 bus | <b>Departure Point:</b> Tennis Courts<br><b>Departure Time:</b> 8:30 AM | L                   |
| Nov 12, 2022 | Sat      | Regular Season (NY State champs @ VVS HS TBA) | TBD                | 12:00 AM   |          | TBD                 |                                  |   | L                   |

Date: 2024-05-03