



Updated August 29th

Cross Country Meet Schedule

Changes to this schedule will be communicated via sportsYou

Day	Date	Meet Name	Location	Bus Time	Start Time	Attending
Saturday	9/9/23	Somers Big Red Invitational	Somers HS	7:00 am	8:30 am	Entire Team
Sunday	9/10/23	5K Run for Love (Community Service Project)	Wampus Brook Park, Armonk	No Bus	8:00 am	Entire Team
Wednesday	9/13/23	Mega Dual Meet	John Jay Cross River HS	3:00 pm	4:30 pm	Entire Team
Saturday	9/23/23	Bowdoin XC Classic	Bowdoin Park	TBD	10:00 am or 11:00 am	Entire Team
Saturday	9/30/23	NYS Night-Time Showcase	Twin Ponds on the Farm, Montgomery	4:00 pm	6:30 pm	Entire Team
Saturday	10/7/23	The Bobcat Run	Byram Hills HS	N/A	8:30 am	Entire Team
Tuesday	10/10/23	League Championship	John Jay Cross River HS	3:00 pm	4:30 pm	Entire Team
Saturday	10/21/23	Section 1 Coaches Invitational	Bowdoin Park	TBD	10:00 am 12:25 pm or 1:20 pm	Entire Team
Saturday	10/28/23	Westchester County Championships	Hudson Valley Sports Dome, Milton	10:45 am	1:00 pm	Entire Team
Tuesday	10/31/23	Ray Roswell Freshman Championships	Clarkstown South HS	2:30 pm	4:15 pm	Freshmen Only
Saturday	11/4/23	Section One Championships	Bowdoin Park	10:00 am	12:00 pm	Varsity Only

Coaching Staff:

Coach Sean Flanagan
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Coach Ashley Morales
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Important Dates:

Aug 21: First Day of Practice
Sept 4: Labor Day- **We will have practice**
Sept 5: First Day of School
Sept 16: Rosh Hashana, *No Practice*
Sept 25: Yom Kippur- *School Closed, No Practice*
Oct 9: Columbus Day- **We will have practice**