DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2024	Wed	Regular Season	John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country), Carmel	4:30 PM		Pawling HS		L
Sep 25, 2024	Wed	Regular Season	3,7,	4:30 PM	7:00 PM	Wappingers Junior High School		L
Oct 2, 2024	Wed	Regular Season	Poughkeepsie, Arlington (Union Vale Girls Cross Country) @ John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country)	4:30 PM	7:00 PM	Van Wyck Junior High School		L
Oct 9, 2024	Wed	Regular Season	John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country), Arlington (LaGrange Girls Cross Country)	4:30 PM		TBD		L

Date: 2024-07-31