Coaches:

Poughkeepsie (G) V Cross Country

| DATE | WEE! DAY | TYPE | OPPONENTS | START E | END IME | LOCATION TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|--|-------------|------------|-------------------------|----------------------------|
| Sep 9, 2023 | Sat | Regular Season | Carmel, Mahopac @ Arlington | 10:40 AM | | Bowdoin Park | L |
| Sep 12, 2023 | Tue | Regular Season (Mega Duel- Meet) | Carmel, Mahopac, Roy C Ketcham/ Wappingers JHS, John Jay HS/ Van Wyck JHS @ Arlington | 4:15 PM | | Bowdoin Park | L |
| Oct 10, 2023 | Tue | Regular Season | John Jay HS/ Van Wyck JHS, Carmel, Mahopac, Arlington @ Roy C Ketcham/ Wappingers JHS | | 6:30 PM | bowdoin park | L |

Date: 2024-07-08