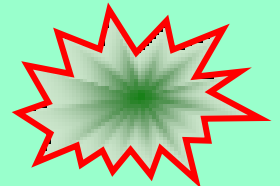
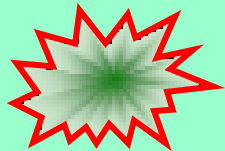


School Schedule:

(Schedule subject to change)

Girls

Albertus Magnus



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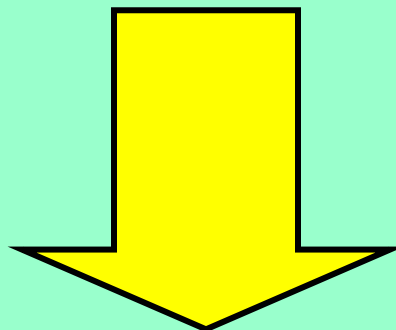
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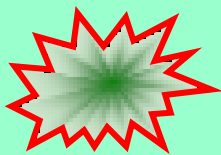
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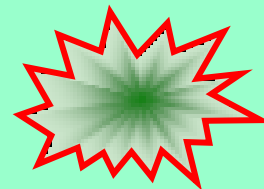
SATURDAY

Sept. 6th			
Sept. 9th	Dual Meet - Nanuet	4:00pm	Nanuet HS
Sept. 12th	Red Raider Run	4:00pm	Anthony Wayne Park, NY
Sept. 16th	Dual Meet - Pearl River, Albertus Magnus, Clarkstown South,	4:30pm	at Tappan Zee HS
Sept. 20th	St John's Villa Invitational	9:00am	Van Cordlant Park, NY
Sept. 23rd	Dual Meet - Nyack	4:00pm	at Nyack HS
Sept. 27th	Fred Gressier Invitational	9:00am	White Plains HS
Sept. 30th			
Oct 4th	St. Anthony's Invitational	9:00am	Sunken Meadow Park, NY
Oct 7th	League Championships	4:00pm	Bear Mountain Park, NY
Oct. 18th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
Oct. 23rd	Rockland County Championships	3:00pm	Bear Mountain Park, NY
Oct. 27th	Ray Roswell Frosh Championships	4:00pm	Clarkstown South HS
Nov. 1st	Section One Championships	12:30pm	Bowdoin Park, NY
Nov. 8th	NYSPHSAA State Championships	9:00am	SUNY Canton, NY
Nov. 16th	Federation Championships	12:15pm	Bowdoin Park, NY
Nov. 29th	Nike Team Regionals		Bowdoin Park, NY
Dec. 7th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon





Pearl River



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Sept. 6th

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Oct. 11th

Oct. 18th

Oct. 23rd

Oct. 27th

Nov. 1st

Nov. 8th

Nov. 16th

Nov. 29th

Dec. 7th

Dual Meet - Nyack

Luke Parlatore XC Invitational

Dual Meet - Tappan Zee, Albertus Magnus

Briarwood Invitational

Dual Meet -

Six Flags Wild Safari

Dual Meet - Nanuet

Fordham Invitational

League Meet

Manhattan Invitational

Section One Coaches Invitational

Rockland County Championships

Ray Roswell Frosh Championships

Section One Championships

NYSPHSAA State Championships

Federation Championships

Nike Team Regionals

NXN Nike XC Nationals (Qualifying Teams)

4:00pm

9:00am

4:00pm

9:00am

9:00am

4:00pm

9:00am

4:00pm

9:00am

11:00am

3:00pm

4:00pm

12:30pm

9:00am

12:15pm

at Nyack HS

Staten Island, NY

at Tappan Zee HS

Philadelphia, Pa

Jackson, NJ

at Pearl River

Van Cortlandt Park

Bear Mountain Park

Van Cortlandt Park

Bowdoin Park, NY

Bear Mountain Park

Clarkstown South HS

Bowdoin Park, NY

SUNY Canton, NY

Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon



Clarkstown North



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Oct. 23rd

Oct. 27th

Nov. 1st

Nov. 8th

Nov. 16th

Wizards Invitational

Dual Meet -

Red Raider Run

Dual Meet - East Ramapo

Suffern Invitational

Dual Meet - Clarkstown South

Fred Gressier Invitational

Dual Meet -

League Meet

Bobcat Run

Section One Coaches Invitational

Rockland County Championships

Ray Roswell Frosh Championships

Section One Championships

NYSPHSAA State Championships

Federation Championships

9:00am

2:00pm

4:00pm

8:00am

4:00pm

9:00am

4:00pm

10:00am

11:00am

3:00pm

4:00pm

12:30pm

9:00am

12:15pm

Washingtonville, NY

Anthony Wayne Park, NY

at Clarkstown North HS

Bear Mountain Park, NY

at Clarkstown South HS

White Plains HS

Bear Mountain Park, NY

Byram Hills HS

Bowdoin Park, NY

Bear Mountain Park, NY

Clarkstown South HS

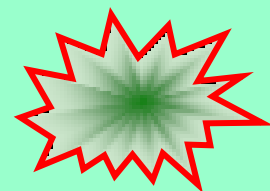
Bowdoin Park, NY

SUNY Canton, NY

Bowdoin Park, NY



Nyack



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Nov. 8th

Nov. 16th

Nov. 29th

Dec. 7th

Bear Mountain Invitational

Dual Meet - Pearl River

Somers Big Red Invitational

Dual Meet - Nanuet

Suffern Invitational

Dual Meet - Albertus Magnus

Dual Meet - Tappan Zee

League Meet

Bobcat Run

Section One Coaches Invitational

Rockland County Championships

Ray Roswell Frosh Championships

Section One Championships

NYSPHSAA State Championships

Federation Championships

Nike Team Regionals

NXN Nike XC Nationals (Qualifying Teams)

9:15am

4:00pm

9:00am

4:00pm

8:00am

4:00pm

4:00pm

4:00pm

10:00am

11:00am

3:00pm

4:00pm

12:30pm

9:00am

12:15pm

Bear Mountain State Park, NY

at Nyack HS

Somers HS

at Nanuet HS

Bear Mountain Park NY

at Nyack HS

at Nyack HS

Bear Mountain Park, NY

Byram Hills HS

Bowdoin Park, NY

Bear Mountain Park, NY

Clarkstown South HS

Bowdoin Park, NY

SUNY Canton, NY

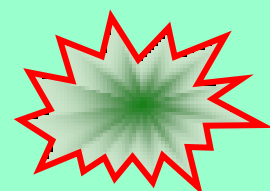
Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon



Nanuet



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Oct. 11th

Oct. 19th

Oct. 24th

Oct. 27th

Nov.1st

Nov.8th

Nov.16th

Nov.30th

Dec. 7th

Dual Meet - Albertus Magnus

Somers Big Red Invitational

Dual Meet - Nyack

Suffern Invitational

Dual Meet - Tappan Zee

Dual Meet - Pear River

League Meet

Manhattan Invitational

Section One Coaches Invitational

Rockland County Championships

Ray Roswell Frosh Championships

Section One Championships

NYSPHSAA State Championships

Federation Championships

Nike Team Regionals

NXN Nike XC Nationals (Qualifying Teams)

4:00pm at Nanuet HS

9:00am Somers HS

4:00pm at Nanuet HS

Bear Mountain Park NY

4:00pm at Nanuet HS

4:00pm at Pearl River

Bear Mountain Park NY

Van Cortlandt Park, NY

Bowdoin Park, NY

Bear Mountain Park NY

Clarkstown South HS

Bowdoin Park, NY

Queensbury, NY

Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon



Clarkstown South



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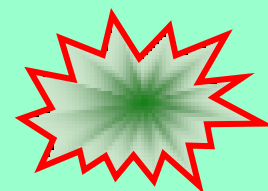
SATURDAY

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Sept. 6th	Bear Mountain Invitational	9:15am	Bear Mountain Park, NY
Sept. 9th	Dual Meet -		
Sept. 12th	Red Raider Run	4:00pm	Anthony Wayne Park, NY
Sept. 16th	Dual Meet - Monroe Woodbury, Cornwall, Middletown, North Rockland, Suffern	4:00pm	Monroe Woodbury HS
Sept. 20th	Suffern Invitational	8:00am	Bear Mountain Park NY
Sept. 23th	Dual Meet - Clarkstown North	4:00pm	Clarkstown South HS
Sept. 27th	Gressier Invitational	9:00am	White Plains HS
Sept. 30th	Dual Meet - East Ramapo	4:00pm	Clarkstown South HS
Oct. 4th			
Oct. 7th	League Meet	4:00pm	Bear Mountain Park NY
Oct. 11th	Bobcat Run or Manhattan Invit	10:00am/9:00am	Byram Hills HS/Van Cortlandt
Oct. 18th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
Oct. 23th	Rockland County Championships	3:00pm	Bear Mountain Park NY
Oct. 27th	Ray Roswell Frosh Championships	4:00pm	Clarkstown South HS
Nov. 1st	Section One Championships	9:00am	Bowdoin Park, NY
Nov. 8th	NYSPHSAA State Championships	9:00am	SUNY Canton, NY
Nov. 15th	Federation Championships	12:15pm	Bowdoin Park, NY
Nov. 29th	Nike Team Regionals	9:00am	Bowdoin Park, NY
DEC 6th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon



Tappan Zee



SATURDAY

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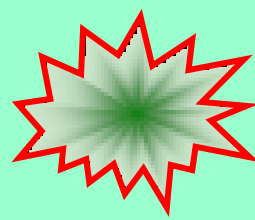
SATURDAY

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Sept. 6th			
Sept. 9th	Dual Meet -		
Sept. 13th	27th Jim Smith Memorial XC Run	9:30am	Sunken Meadow Park, LI, NY
Sept. 16th	Dual Meet - Pearl River, Albertus Magnus, Clarkstown South,	4:30pm	at Tappan Zee HS
Sept. 20th	Suffern Invitational	8:00am	Bear Mountain Park, NY
Sept. 23th	Dual Meet - Nanuet	4:30pm	at Nanuet HS
Sept. 27th	Six Flags Wild Safari	9:00am	Jackson, NJ
Sept. 30th	Dual Meet - Nyack	4:30pm	at Nyack HS
Oct. 4th			
Oct. 7th	League Meet	4:00pm	Bear Mountain ark NY
Oct. 11th	Manhattan Invitational	9:00am	Van Cortlandt Park, NY
Oct. 18th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
Oct. 23rd	Rockland County Championships	3:00pm	Bear Mountain Park NY
Oct. 27th	Ray Roswell Frosh Championships	4:00pm	Clarkstown South HS
Nov. 1st	Section One Championships	9:00am	Bowdoin Park, NY
Nov 8th	NYSPHSAA State Championships	9:00am	SUNY Canton, NY
Nov. 15th	Federation Championships	12:15pm	Bowdoin Park, NY
Nov. 29th	Nike Team Regionals		Bowdoin Park, NY
Dec. 6th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon



East Ramapo



SATURDAY	Sept. 6th			
TUESDAY	Sept. 9th	Dual Meet - Suffern	4:00pm	at Suffern HS
SATURDAY	Sept. 13th			
TUESDAY	Sept. 16th	Dual Meet - Clarkstown North	4:30pm	at East Ramapo
SATURDAY	Sept. 20th			
TUESDAY	Sept. 23th	Dual Meet - North Rockland	4:30pm	Anthony Wayne Park, NY
SATURDAY	Sept. 27th			
TUESDAY	Sept. 30th	Dual Meet - Clarkstown South	4:30pm	at Clarkstown South HS
SATURDAY	Oct. 4th			
TUESDAY	Oct. 7th	League Meet	4:00pm	Bear Mountain ark NY
SATURDAY	Oct. 11th	Manhattan Invitational	9:00am	Van Cortlandt Park, NY
SATURDAY	Oct. 18th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
THURSDAY	Oct. 23rd	Rockland County Championships	3:00pm	Bear Mountain Park NY
MONDAY	Oct. 27th	Ray Roswell Frosh Championships	4:00pm	Clarkstown South HS
SATURDAY	Nov. 1st	Section One Championships	9:00am	Bowdoin Park, NY
SATURDAY	Nov. 8th	NYSPPHSAA State Championships	9:00am	SUNY Canton, NY
SATURDAY	Nov. 15th	Federation Championships	12:15pm	Bowdoin Park, NY
SATURDAY	Nov. 29th	Nike Team Regionals		Bowdoin Park, NY
SATURDAY	Dec. 6th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon