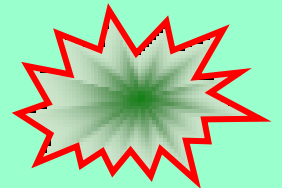
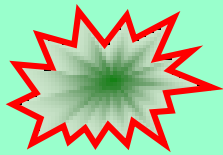


School Schedule:

(Schedule subject to change)

Boys

Albertus Magnus



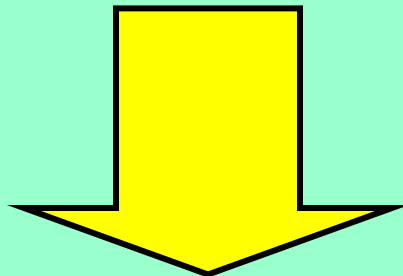
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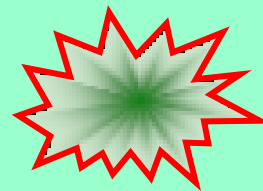
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Sept. 6th			
Sept. 9th	Dual Meet - Nanuet	4:00pm	at Nanuet HS
Sept. 12th	Red Raider Run	4:00pm	Anthony Wayne Park, NY
Sept. 16th	Dual Meet - Pearl River, Albertus Magnus,		
	Clarkstown South,	4:30pm	at Tappan Zee HS
Sept. 20th	St John's Villa Invitational	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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Nov. 8th

Nov. 16th

Nov. 29th

Dec. 7th

Dual Meet - Nyack

Big Red XC Invitational

Dual Meet - Tappan Zee, Albertus Magnus

Dual Meet -

Six Flags Wild Safari

Dual Meet - Nanuet

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 Nyack HS

9:00am Somers HS

4:00pm at Tappan Zee HS

9:00am Jackson, NJ

4:00pm at Pearl River

4:00pm Bear Mountain Park, NY

9:00am Van Cortlandt Park, NY

11:00am Bowdoin Park, NY

3:00pm Bear Mountain Park, NY

4:00pm Clarkstown South HS

12:30pm Bowdoin Park, NY

9:00am SUNY Canton, NY

12:15pm Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon



Clarkstown North



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Nov.1st

Nov. 8th

Nov. 16th

Nov. 29th

Dec. 7th

Wizards Invitational

Dual Meet - North Rockland

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

Nike Team Regionals

NXN Nike XC Nationals (Qualifying Teams)

9:00am Washingtonville, NY

4:00pm at Clarkstown North HS

2:00pm Anthony Wayne Park, NY

4:00pm at Clarkstown North HS

8:00am Bear Mountain Park, NY

4:00pm at Clarkstown South HS

9:00am White Plains HS

4:00pm Bear Mountain Park, NY

10:00am Byram Hills HS

11:00am Bowdoin Park, NY

3:00pm Bear Mountain Park, NY

4:00pm Clarkstown South HS

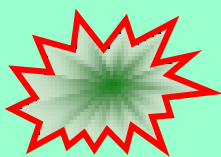
12:30pm Bowdoin Park, NY

9:00am SUNY Canton, NY

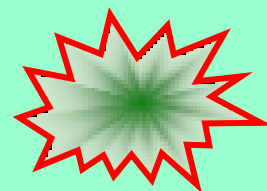
12:15pm Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon



Suffern



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Sept. 6th	Bear Mountain Invitational	9:00am	Bear Mountain Park NY
Sept. 9th	Dual Meet - East Ramapo	4:00pm	Suffern, HS
Sept. 12th/13th			
Sept. 16th	Dual Meet - Monroe Woodbury, Cornwall, Middletown, North Rockland	4:00pm	Monroe Woodbury HS
Sept. 20th	Suffern Invitational	8:00am	Bear Mountain Park NY
Sept. 23rd	Dual Meet -		
Sept. 27th			
Sept. 30th	Dual Meet - Clarkstown North	4:00pm	at Suffern HS
Oct. 4th	Paul Short Invitational		Lehigh University, Pa
Oct. 7th	League Meet	4:00pm	Bear Mountain Park, 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	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

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North Rockland



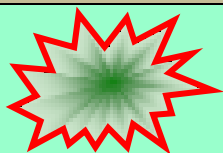
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Sept. 6th	Bear Mountain Invitational	9:15am	Bear Mountain State Park, NY
Sept. 9th	Dual Meet - Clarkstown North	4:00pm	at Clarkstown North HS
Sept. 12th	Red Raider Run	4:00pm	Anthony Wayne Park, NY
Sept. 16th	Dual Meet - Monroe Woodbury, Cornwall, Middletown, Suffern	4:00pm	Monroe Woodbury HS
Sept. 20th	Section 10 XC Invitational	11:30am	SUNY Canton, NY
Sept. 23rd	Dual Meet - East Ramapo	4:00pm	Anthony Wayne Park, NY
Sept. 27th			
Sept. 30th	Dual Meet -		
Oct. 4th	Great American XC Festival	10:40pm	Cary, North Carolina
Oct. 7th	League Meet	4:00pm	Bear Mountain State Park NY
Oct. 11th	Manhattan Invitational		Van Cortlandt Park, NY
Oct. 18th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
Oct. 23rd	Rockland County Championships	3:00pm	Bear Mountain State Park
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

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Nyack

SATURDAY	Sept. 6th	Bear Mountain Invitational	9:00am	Bear Mountain Park NY
TUESDAY	Sept 9th	Dual Meet - Pearl River	4:00pm	at Nyack HS
FRIDAY	Sept.13th	Somers Big Red Invitational	9:00am	Somers HS
TUESDAY	Sept. 16th	Dual Meet - Nanuet	4:00pm	at Nanuet HS
SATURDAY	Sept. 20th	Suffern Invitational	8:00am	Bear Mountain Park NY
TUESDAY	Sept. 23rd	Dual Meet - Albertus Magnus	4:00pm	at Nyack HS
SATURDAY	Sept.27th			
TUESDAY	Sept. 30th	Dual Meet - Tappan Zee	4:00pm	at Nyack HS
SATURDAY	Oct. 4th			
TUESDAY	Oct. 7th	League Meet	4:00pm	Bear Mountain Park, NY
SATURDAY	Oct. 11th	Bobcat Run	10:00am	Byram Hills HS
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	12:30pm	Bowdoin Park, NY
SATURDAY	Nov. 8th	NYSPHSAA State Championships	9:00am	SUNY Canton, NY
SATURDAY	Nov. 16th	Federation Championships	12:15pm	Bowdoin Park, NY
SATURDAY	Nov. 29th	Nike Team Regionals		Bowdoin Park, NY
SATURDAY	Dec. 7th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon



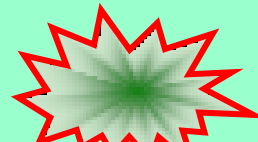
Nanuet



SATURDAY	Sept. 6th			
TUESDAY	Sept. 9th	Dual Meet - Albertus Magnus	4:00pm	at Nanuet HS
SATURDAY	Sept. 13th	Somers Big Red Invitational	9:00am	Somers HS
TUESDAY	Sept. 16th	Dual Meet - Nyack	4:00pm	at Nanuet HS
SATURDAY	Sept. 20th	Suffern Invitational		Bear Mountain Park NY
TUESDAY	Sept. 23rd	Dual Meet - Tappan Zee	4:00pm	at Nanuet HS
SATURDAY	Sept. 27th	Fred Gressier Invitational	4:00pm	White Plains HS
TUESDAY	Sept. 30th	Dual Meet - Pear River	4:00pm	at Pearl River
SATURDAY	Oct. 4th			
SATURDAY	Oct. 8th	League Meet	4:00pm	Bear Mountain Park NY
THURSDAY	Oct. 11th	Manhattan Invitational	9:00am	Van Cortlandt Park, NY
MONDAY	Oct. 19th	Section One Coaches Invitational	11:00am	Bowdoin Park, NY
FRIDAY	Oct. 24th	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	12:30pm	Bowdoin Park, NY
SATURDAY	Nov.8th	NYSPHSAA State Championships	9:00am	Queensbury, NY
SATURDAY	Nov.16th	Federation Championships	12:15pm	Bowdoin Park, NY
SATURDAY	Nov.30th	Nike Team Regionals		Bowdoin Park, NY
SATURDAY	Dec. 7th	NXN Nike XC Nationals (Qualifying Teams)		Portland Oregon



Clarkstown South



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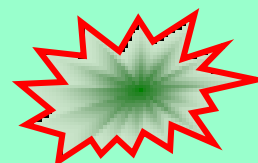
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Sept. 6th	Bear Mountain Invitational	9:15am	Bear Mountain Park, NY
Sept. 9th	Dual Meet -		
Sept. 12th	Red Raider Run	4:00pm	Anthony Wayne Park, NY
Sept. 16th	Dual Meet - Tappan Zee, Pearl River, Albertus Magnus	4:00pm	at Tappan Zee HS
Sept. 20th	Suffern 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	NYSPPHSAA 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



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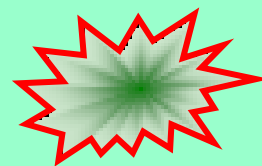
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Sept. 6th			
Sept. 9th	Dual Meet -		
Sept. 13th	27th Jim Smith Memorial XC Run	9:30am	Sunken Meadow Park, LI, NY
Sept. 16th	Dual Meet - Pearl River, Albertus Magnus, Clarkstown South,	4:30pm	at Tappan Zee HS
Sept. 20th	Suffern Invitational	8:00am	Bear 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	NYSPPHSAA 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



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Oct. 23rd

Oct. 27th

Nov. 1st

Nov. 8th

Nov. 15th

Nov. 29th

Dec. 6th

Dual Meet - Suffern

Dual Meet - Clarkstown North

Dual Meet - North Rockland

Dual Meet - Clarkstown South

League Meet

Manhattan Invitational

Section One Coaches Invitational

Rockland County Championships

Ray Roswell Frosh Championships

Section One Championships

NYS PHSAA State Championships

Federation Championships

Nike Team Regionals

NXN Nike XC Nationals (Qualifying Teams)

4:00pm

4:30pm

4:30pm

4:30pm

4:00pm

9:00am

11:00am

3:00pm

4:00pm

9:00am

9:00am

12:15pm

at Suffern HS

at East Ramapo

Anthony Wayne Park, NY

at Clarkstown South HS

Bear Mountain ark NY

Van Cortlandt Park, NY

Bowdoin Park, NY

Bear Mountain Park NY

Clarkstown South HS

Bowdoin Park, NY

SUNY Canton, NY

Bowdoin Park, NY

Bowdoin Park, NY

Portland Oregon