**2023 RCK Boy’s and Girl’s Cross Country Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Invitational** | **Location** | **Time** | **Bus Departure** |
| 09/9 | Warwick Valley Big Purple Wave Mania | Sandfordville ES | 8:41AM | 6:45AM |
| 09/12 | Mega Duel-Meet (Arl/JJ/Mah/Carm) | Bowdoin | 4:15PM | 2:30PM |
| 09/17 | Dutchess Classic Water Stop | TBD | 6:30AM | No Bus |
| 09/23 | Ocean State Invitational  (**Qualifiers Only – Varsity)** | Goddard Park, RI | 10:00AM | Self-Transport |
| 09/30 | Dan Purdy Invitational | Pawling HS |  |  |
| 10/07 | **Week Off** | | | |
| 10/10 | League Meet | Bowdoin | 4:15PM | 2:30PM |
| 10/14 | Burnt Hills Invite  (Has Modified Section) | Saratoga State Park | 9:30AM | 6:15AM |
| 10/21 | Section 1 Coaches Invitational | Bowdoin | 10:00AM | No Bus |
| 10/28 | Section I Northern Counties  (Has Modified Section) | Milton Dome | 10:00AM | 7:45AM |
| 11/04 | Section 1 Championships | Bowdoin | 10:00AM | No Bus |
| 11/11 | State Meet | Verona HS | 11:00AM | TBD |
| 11/18 | Federation Meet | Bowdoin | 12:15PM | No Bus |
| 11/25 | Nike XC Regionals | Bowdoin | 9:00AM | No Bus |

**Pre – Season Practice Schedule**

**Week #1**: (8/21 - 8/25)

|  |  |
| --- | --- |
| Monday: | **Boys**: 8:00AM at Bowdoin (Bottom of hill at the lower pavilion)  **Girls**: 5:30PM at Bowdoin (Bottom of hill at the lower pavilion) |
| Tuesday: | 8:00AM at Bowdoin. |
| Wednesday: | 8:00AM at Bowdoin. |
| Thursday: | 8:00AM at Carnwath Farms, Wappingers |
| Friday: | 8:00AM at Bowdoin. |

**Week #2**: (8/28 - 9/1)

|  |  |
| --- | --- |
| Monday: | 8:00AM at Bowdoin. |
| Tuesday: | [8:00AM at the rail trail off Lake Walton Road (Near Fishkill Plains Elementary School).](https://goo.gl/maps/k89H4BfkgLH3JoFb8) |
| Wednesday: | 8:00AM at Bowdoin. |
| Thursday: | 8:00AM at Bowdoin. |
| Friday: | 8:30AM at Vassar Farms. |