

ST. JOHN THE BAPTIST **BOYS CROSS COUNTRY SCHEDULE 2023**



<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>BUS TIME</u>	<u>RACE TIMES</u>
Saturday 9/9	VAR:CHSAA Practice Meet 4K Frosh: Jim Smith Inv	VanCortlandt Park Sunken Meadow	6:45am No Bus	Races start: 9:10am Races Start: 9:30am
Wed 9/13	Boys open 1.5/2.5 Girls Vs. SHA+SM	Sunken Meadow	3:00pm	Boys: 4:40pm Girls: 4:55pm
Friday 9/15	Bob Pratt Inv 5K	Sunken Meadow	2:40pm	Races start 3:00pm
Wed 9/20	Boys Vs KM+HT Girls Vs KM+OLM+SM	Sunken Meadow	3:00pm	Boys: 5:10pm Girls: 5:25pm
Saturday 9/23	Xavier Inv 5K	Ocean Breeze	6:50am	Races start 9:00am
Wed 9/27	Boys Vs SA+StM+HT Girls Vs KM+OLM+StM	Sunken Meadow	3:00om	Boys: 5:05 Girls: 5:25
Saturday 9/30	Practice			9-10:30
Wed 10/4	Boys Vs. CH+StD Girls Vs SA	Sunken Meadow	3:00pm	Boys: 4:50pm Girls: 4:20pm
Saturday 10/14	Manhattan Inv. 4K	VanCortlandtPark	8:00am	First race 11:00am
Wed 10/18	Sophomore Champs 4K And open 2.5/1.5 Races	Sunken Meadow	3:00pm	B: 4:45 G: 5:00pm 4:30 open 1.5/2.5
Saturday 10/21	Ed Bowes 5K Inv	Staten Island	6:50am	Races start 9:30
Sunday 10/29	<u>LEAGUE CHAMPS</u> Varsity, JV+ Freshmen	Sunken Meadow State Park	8:30 bus 9:15am Mass	1 st Race is at 11am
Saturday 11/4	<u>CHSAA FR/SO CHAMPS</u>	Van Cortland Park	??	??
Saturday 11/11	<u>CHSAA CHAMPS 4K</u> Varsity-JVA-JVB Races	Van Cortland Park	7:00am	9:15 Alumni 10:00 Var Boys
Saturday 11/18	<u>NYS Federation Champs</u>	Bowdoin Park	TBD	G:12:15 + B:1pm

SATURDAY 11/18 – THE NEW YORK STATE FEDERATION CHAMPS
TOP 5 VARSITY CHSAA TEAMS QUALIFY

E-Mail Coach Wood with any conflicts ASAP
Wood@sjbdhs.org