

| Date           | Start   | End      | Event Name                        | Location                                       |
|----------------|---------|----------|-----------------------------------|--|
| Mon 08/21/2017 | 3:30 pm | 5:30 pm  | VXC Practice (fitness center)     | JJHS Cross Country Course<br>JJHS Fitness Room |
| Tue 08/22/2017 | 3:30 pm | 5:30 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Wed 08/23/2017 | 3:30 pm | 5:30 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Thu 08/24/2017 | 3:30 pm | 5:30 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Fri 08/25/2017 | 8:00 am | 10:00 am | VXC Practice @ PoRidge            | Pound Ridge Town Park                          |
| Sat 08/26/2017 | 8:00 am | 10:00 am | VXC Practice @ PoRidge            | Pound Ridge Reservation                        |
| Mon 08/28/2017 | 3:30 pm | 5:30 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Tue 08/29/2017 | 3:30 pm | 5:30 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Wed 08/30/2017 | 5:00 pm | 7:00 pm  | VXC Practice @ PoRidge            | Pound Ridge Reservation                        |
| Thu 08/31/2017 | 5:00 pm | 7:00 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Fri 09/01/2017 | 8:00 am | 10:00 am | VXC Practice                      | JJHS Cross Country Course                      |
| Sat 09/02/2017 | 8:00 am | 10:00 am | VXC Practice @ PoRidge            | Pound Ridge Town Park                          |
| Mon 09/04/2017 | All Day | All Day  | VXC Practice NO PRACTICE          | NO PRACTICE                                    |
| Tue 09/05/2017 | 5:00 pm | 7:00 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Wed 09/06/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Thu 09/07/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Fri 09/08/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Sat 09/09/2017 | 8:30 am | 1:00 pm  | VXC Wave Mania                    | Sanfordville Elementary School                 |
| Mon 09/11/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Tue 09/12/2017 | 5:15 pm | 8:00 pm  | VXC Mega Dual @ Bowdoin Park      | bowdoin park                                   |
| Wed 09/13/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Thu 09/14/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Fri 09/15/2017 | 3:00 pm | 3:15 pm  | Varsity Option Mtg                | JJHS Main Gym                                  |
| Fri 09/15/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Sat 09/16/2017 | 8:30 am | 3:00 pm  | VXC Wilton Invitational           | Wilton High School                             |
| Mon 09/18/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Tue 09/19/2017 | 2:55 pm | 3:15 pm  | Varsity Option Make Up Mtg        | JJHS Main Gym                                  |
| Tue 09/19/2017 | 3:15 pm | 5:15 pm  | VXC Practice (Town Park)          | Lewisboro Town Park                            |
| Tue 09/19/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Wed 09/20/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Sat 09/23/2017 | 8:00 am | 3:00 pm  | VXC Crusader Classic Invitational | Monroe Woodbury High School                    |
| Mon 09/25/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Tue 09/26/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Wed 09/27/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |
| Thu 09/28/2017 | 3:15 pm | 5:15 pm  | VXC Practice (PoRidge)            | Pound Ridge Reservation                        |
| Sat 09/30/2017 | All Day | All Day  | VXC Practice NO PRACTICE          | NO PRACTICE                                    |
| Mon 10/02/2017 | 3:15 pm | 5:15 pm  | VXC Practice                      | JJHS Cross Country Course                      |

| Date           | Start    | End     | Event Name                         | Location                  |
|----------------|----------|---------|------------------------------------|---------------------------|
| Tue 10/03/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Wed 10/04/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Thu 10/05/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Fri 10/06/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Sat 10/07/2017 | 8:30 am  | 3:00 pm | VXC Brewster Bear Invitational     | Brewster Hs               |
| Mon 10/09/2017 | All Day  | All Day | VXC Practice NO PRACTICE           | NO PRACTICE               |
| Tue 10/10/2017 | 3:15 pm  | 5:15 pm | VXC Practice (PoRidge)             | Ward Pound Ridge          |
| Wed 10/11/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Thu 10/12/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Fri 10/13/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Sat 10/14/2017 | 8:30 am  | 2:00 pm | VXC Bobcat Run                     | Byram Hills Hs            |
| Sat 10/14/2017 | 8:30 am  | 3:00 pm | VXC Manhattan Invitational         | Van Cortlandt Park        |
| Mon 10/16/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Tue 10/17/2017 | 5:15 pm  | 8:00 pm | VXC League Meet @ Bowdoin Park     | bowdoin park              |
| Wed 10/18/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Thu 10/19/2017 | 3:15 pm  | 5:15 pm | VXC Practice @ Pound Ridge         | Ward Pound Ridge          |
| Fri 10/20/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Sat 10/21/2017 | 8:30 am  | 3:00 pm | VXC Section 1 Coaches Invitational | bowdoin park              |
| Mon 10/23/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Tue 10/24/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Wed 10/25/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Thu 10/26/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Fri 10/27/2017 | 3:15 pm  | 5:15 pm | VXC Practice                       | JJHS Cross Country Course |
| Sat 10/28/2017 | 10:00 am | 1:00 pm | VXC Westchester Cty Championships  | Croton Point Park         |
| Sat 11/04/2017 | 8:30 am  | 2:00 pm | VXC Section 1 Championships        | bowdoin park              |
| Sat 11/11/2017 | 8:00 am  | 3:00 pm | VXC NYSPHSAA Championships         | Rochester                 |
| Sat 11/18/2017 | 8:00 am  | 3:00 pm | VXC NYS Federation Championship    | bowdoin park              |
| Sat 11/25/2017 | 10:00 am | 1:00 pm | VXC Nike Regional Qualifier        | bowdoin park              |