



CROSS COUNTRY 2024

Date	Time	Event	Location
Saturday, September 7	8:00am	<i>Practice Meet</i>	Van Cortlandt Park
Saturday, September 14	8:00am	<i>Regis Invitational Meet</i>	Van Cortlandt Park
Saturday, September 21	8:00am	<i>Xavier Invitational (5K)</i>	<i>Ocean Breeze (Staten Island)</i>
Friday, September 27	3:00pm	<i>Fordham Prep Developmental Meet</i>	Van Cortlandt Park
Saturday, September 28	8:00am	<i>Great Adventure Wild Safari Invitational</i>	<i>Jackson, NJ</i>
Friday, October 11	3:00pm	<i>All Hallows Invitational</i>	Van Cortlandt Park
Sunday, October 13	8:00am	<i>Manhattan College Invitational</i>	Van Cortlandt Park
Saturday, October 19	8:00am	<i>Sophomore Sectionals/ NYC Frosh Relay Carnival</i>	Van Cortlandt Park
Saturday, October 26	8:00am	<i>Sectionals</i>	Van Cortlandt Park
Saturday, November 2	8:00am	<i>Frosh/Soph Championships</i>	Van Cortlandt Park
Saturday, November 9	8:00am	<i>City Championships</i>	Van Cortlandt Park

President: Mrs. Candace Hammonds
Principal: Ms. Nicole Freeman
Athletic Director: Jerome Pannell

League: CHSAA
Nickname: Cardinals
Colors: Red, White & Black

Head Coach: William Hackshaw
Assistant Coach: Ed Howard
Assistant Coach: Peter Williams

