

**Regional Cross Country Championships**  
**Saturday Nov. 21st**  
**Milton Sports Dome- Milton NY**

<b>Saturday Nov. 21st</b>	
<b>Block One</b>	
<u>Dutchess</u>	
8:00am	Arrive
9:00am	Boys Varsity
9:30am	Girls Varsity
10:30am	Depart
<b>Block Two</b>	
<u>Southern West Small Schools</u>	
10:45am	Arrive
11:45am	Boys Varsity
12:15pm	Girls Varsity
1:15pm	Depart
<b>Block Three</b>	
<u>Southern West Large Schools</u>	
1:30pm	Arrive
2:30pm	Boys Varsity Race #1
2:50pm	Boys Varsity Race #2
3:15pm	Girls Varsity Race #1
3:35pm	Girls Varsity Race #2
4:35pm	Depart

**Regional Cross Country Championships**  
**Sunday Nov 22nd**  
**Milton Sports Dome- Milton NY**

<b>Sunday Nov. 22nd</b>	
<b>Block One</b>	
<u>Put/No West Large Schools</u>	
8:00am	Arrive
9:00am	Boys Varsity
9:30am	Girls Varsity
10:30am	Depart
<b>Block Two</b>	
<u>Rockland</u>	
10:45am	Arrive
11:45am	Boys Varsity
12:15pm	Girls Varsity
1:15pm	Depart
<b>Block Three</b>	
<u>Put/No West Small Schools</u>	
1:30pm	Arrive
2:30pm	Boys Varsity
3:00pm	Girls Varsity
4:00pm	Depart