

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**FALL SPORTS**

**VARSITY & JUNIOR VARSITY BOYS SOCCER – 16 GAMES**

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro (No JV) 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville (No JV) 2. Highland 3. Onteora 4. Dover (No JV) 5. Mount Academy	1. Rhinebeck 2. Millbrook (No JV) 3. Pine Plains (No JV) 4. Webutuck (No JV)

**VARSITY & JUNIOR VARSITY GIRLS SOCCER – 16 GAMES**

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro (No JV) 3. Red Hook (No JV) 4. Rondout Valley 5. Spackenkill	1. Ellenville (No JV) 2. Highland 3. Onteora (No JV) 4. Dover (No JV) 5. Mount Academy	1. Rhinebeck 2. Millbrook (No JV) 3. Pine Plains (No JV) 4. Webutuck (No JV)

**BOYS & GIRLS VARSITY CROSS-COUNTRY – 16 MEETS**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	18. Mount Academy

**GIRLS VARSITY SWIMMING – 16 GAMES**

<b><u>Girls Swimming / Diving – 16 Matches Maximum</u></b>	
<span style="background-color: #00FF00; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></span> =Pool Diving/Swim <span style="background-color: #00FFFF; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle; margin-left: 10px;"></span> = Pool Swim only <span style="background-color: #FFFF00; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle; margin-left: 10px;"></span> = No Pool/College Pool	
<u>Division I</u>	<u>Division II</u>
1. NFA 2. Kingston 3. Pine Bush 4. Valley Central 5. Beacon 6. Marlboro 7. Rhinebeck 8. Red Hook 9. Lourdes	1. Middletown 2. Monroe Woodbury 3. Warwick*** 4. Washingtonville 5. Minisink 6. Cornwall 7. Goshen** 8. FDR 9. Wallkill 10. New Paltz
% Spackenkill to shadow Beacon * Rondout / Onteora to shadow Kingston	***SS Seward to shadow Warwick **Chester Shadows Goshen

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**GIRLS VARSITY TENNIS – 16 MATCHES**

1. FDR-Hyde Park	6. Marlboro
2. Wallkill	7. Red Hook
3. Saugerties	8. Ellenville
4. New Paltz	9. Highland
5. Lourdes	10. Spackenkill
	11. Onteora

**VARSITY & JUNIOR VARSITY VOLLEYBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Dover 5. Mount Academy	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck (No JV)

**VARSITY & JUNIOR VARSITY FIELD HOCKEY 16 GAMES (CLASS A/B/C/D)**

1. Kingston	7. Spackenkill (JV Only)
2. Pine Bush	8. Onteora
3. Lourdes (No JV)	9. Pine Plains (No JV)
4. Red Hook (No JV)	10. Taconic Hills
5. Rondout Valley	11. Coxsackie-Athens
6. Ellenville (No JV)	

**BOYS VARSITY GOLF – 16 MATCHES**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR-Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Rhinebeck	1. Dover 2. Pine Plains 3. Millbrook 4. Webutuck

**Game Day Cheerleading**

Division 1 – Class A 849+	Division 2 – Class B 479-848	Division 3 – Class C Up to 478
1. NFA 2. Middletown 3. Monroe Woodbury 4. Kingston 5. Washingtonville 6. Minisink 7. FDR	1. Cornwall 2. Monticello 3. Goshen 4. Saugerties 5. Liberty 6. Our Lady of Lourdes	1. Spackenkill 2. Marlboro 3. Highland 4. Chester 5. Fallsburg 6. O'Neill 7. Dover 8. Sullivan West 9. Tri Valley 10. Millbrook 11. Liv. Manor/Roscoe



**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**FALL MODIFIED SPORTS TEAMS**

**MODIFIED B FOOTBALL 11 MAN (7-8) - 7 GAMES**

1. Newburgh	1) Washingtonville
2. Monroe-Woodbury	2) FDR
3. Middletown	3) Minisink
4. Kingston	4) Goshen
5. Pine Bush	5) Walkkill
6. Warwick	6) Port Jervis
	7) Beacon

**MODIFIED A FOOTBALL 11 MAN (7-8-9)**

1. Valley Central	9. New Paltz
2. Monticello	10. Highland
3. Liberty	11. Marlboro
4. Chester/Florida	12. Red Hook
5. O'Neill	13. Saugerties
6. Burke Catholic	14. Spackenkill
7. Ellenville	15. Dover
8. Rondout	

**Modified A 8 Man Football (7,8,9)**

1. Fallsburg	6. Pine Plains
2. Liv Manor/Roscoe	7. Pawling
3. Tri Valley	8. Onteora
4. Sullivan West	9. Millbrook
5. Eldred	

**BOYS SOCCER (7-8) - 12 GAMES**

1. FDR-Hyde Park	10. Highland
2. Walkkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**MODIFIED GIRLS SOCCER (7-8) - 12 GAMES**

1. FDR-Hyde Park	10. Highland
2. Walkkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**MODIFIED BOYS/GIRLS CROSS-COUNTRY (7-8) - 10 MEETS**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Webutuck       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley |                 |
| 9. Ellenville     |                 |

**MODIFIED VOLLEYBALL (7-8) – 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley | 17. Webutuck    |
| 9. Ellenville     |                 |

**MODIFIED Field Hockey (7-8) – 12 GAMES**

- |                |
|----------------|
| 1. Kingston    |
| 2. Pine Bush   |
| 3. Onteora     |
| 4. Pine Plains |
| 5. Red Hook    |
| 6. Rondout     |

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**WINTER SPORTS**

**VARSITY & JUNIOR VARSITY BOYS BASKETBALL - 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck 5. Mount Academy

**VARSITY & JUNIOR VARSITY GIRLS BASKETBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck

**Wrestling - VARSITY & JUNIOR VARSITY - Section IX Format– 20 POINTS**

<b><u>Division I-A</u></b> Varsity and JV	<b><u>Division I-B</u></b> Varsity and JV	<b><u>Division I-C</u></b> Varsity and JV	<b><u>Division II-A</u></b>	<b><u>Division II-B</u></b> <i>(Var Only)</i>
1. Newburgh 2. Monroe-Woodbury 3. Middletown 4. Kingston 5. Pine Bush	1. Valley Central 2. Washingtonville 3. Warwick 4. Minisink 5. FDR	1. Cornwall 2. Wallkill 3. Goshen 4. Monticello 5. Beacon 6. Saugerties	1. Port Jervis^ 2. Liberty 3. New Paltz^ 4. Lourdes 5. Red Hook 6. Rondout 7. Highland* <b>*Marlboro Shadow Highland</b> <b>^ Has JV Team</b>	1. Ellenville 2. Fallsburg/Tri Valley 3. Onteora 4. Chester 5. Burke 6. Eldred/Sullivan West 7. Tuxedo

**Girls Wrestling – 20 Points**

1. Middletown	6. Port Jervis
2. Kingston	7. Fallsburg
3. Minisink Valley	8. Chester
4. FDR	9. Liberty
5. Saugerties	

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



<b>Section IX Bowling</b>	
<b>Division I</b>	<b>Division II</b>
1. Newburgh	1. Kingston
2. Monroe Woodbury	2. Beacon
3. Middletown	3. FDR
4. Goshen	4. Saugerties
5. Port Jervis	5. Highland
6. O'Neill	6. Marlboro

<b>Unified Bowling</b>
1. NFA
2. Kingston
3. Pine Bush
4. Cornwall
5. Beacon
6. Port Jervis
7. New Paltz
8. Rondout

**Competitive Cheerleading**

<b>Division 1 – Class A 1025+</b>	<b>Division 2 – Class B 555-1024</b>	<b>Division 3 – Class C Up to 250-554</b>	<b>Div. 4 – Class D Up to 249</b>	<b>Co-Ed</b>
1. NFA 2. Middletown 3. Monroe Woodbury 4. Kingston 5. Pine Bush 6. Valley Central	1. Warwick 2. Washingtonville 3. Minisink 4. FDR 5. Goshen 6. Cornwall 7. Monticello 8. Wallkill 9. Saugerties	1. Fallsburg 2. O'Neill 3. Highland 4. Dover 5. Spackenkill	1. Tri Valley 2. Millbrook 3. SS Seward	1. Valley Central 2. FDR 3. Goshen 4. Millbrook

**BOYS VARSITY SWIMMING – 16 MEETS**

<b>Boys Swimming / Diving – 16 Matches Maximum</b>	
<span style="background-color: #90EE90;">■</span> = Pool Diving/Swim	<span style="background-color: #00FFFF;">■</span> = Pool Swim only
<span style="background-color: #FFFF00;">■</span> = No Pool/College Pool	
<p align="center"><b>Division I</b></p> <p>1. NFA 2. Kingston 3. Pine Bush 4. Valley Central 5. Beacon 6. Marlboro 7. Rhinebeck 8. Red Hook 9. Lourdes</p> <p>% Spackenkill to shadow Beacon * Rondout / Onteora to shadow Kingston</p>	<p align="center"><b>Division II</b></p> <p>1. Middletown 2. Monroe Woodbury 3. Warwick*** 4. Washingtonville 5. Minisink 6. Cornwall 7. Goshen** 8. FDR 9. New Paltz</p> <p>***SS Seward to shadow Warwick **Chester/Burke Shadows Goshen</p>

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**BOYS AND GIRLS VARSITY INDOOR TRACK – 16 MEETS**

<b><u>Division I</u></b>	<b><u>Division II</u></b>	<b><u>Division III</u></b>	<b><u>Division IV</u></b>	<b><u>Division V</u></b>	<b><u>Division VI</u></b>
1. Newburgh 2. Middletown 3. Monroe Woodbury 4. Kingston 5. Pine Bush 6. Valley Central	1. Warwick 2. Washingtonville 3. FDR 4. Minisink Valley 5. Monticello 6. Cornwall	1. Wallkill 2. Goshen 3. Beacon 4. Port Jervis 5. Liberty 6. New Paltz	1. Lourdes 2. Marlboro 3. Red Hook 4. Rondout 5. Highland 6. Spackenkill	1. Ellenville 2. Fallsburg 3. Onteora 4. O’Neill 5. Chester 6. Sullivan West	1. Burke 2. Tri-Valley 3. Millbrook 4. Pine Plains 5. Eldred 6. Webutuck 7. Homestead

**BOYS & GIRLS VARSITY SKIING – 16 MEETS**

<b><u>Division I</u></b>	<b><u>Division II</u></b>
1. Monticello 2. Rondout/Kingston 3. Onteora. 4. Liberty 5. Fallsburg/Tri-Valley 6. Sullivan West 7. Homestead	1. Monroe-Woodbury 2. Warwick 3. Cornwall 4. Goshen 5. O’Neill 6. Burke



**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**WINTER**

**MODIFIED SPORTS TEAMS**

**BOYS MODIFIED BASKETBALL (7-8) – 14 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**GIRLS MODIFIED BASKETBALL (7-8) - 14 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston.	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**MODIFIED WRESTLING (7-8) – 14 Points**

1. FDR-Hyde Park
2. Saugerties
3. New Paltz
4. Red Hook
5. Rondout Valley
6. Ellenville
7. Highland
8. Wallkill
9. Onteora

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**SPRING SPORTS**

**VARSITY & JUNIOR VARSITY BASEBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Dover (No JV)	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck (No JV)

**VARSITY & JUNIOR VARSITY SOFTBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook (No JV) 4. Rondout Valley 5. Spackenkill	1. Ellenville 2. Highland 3. Onteora 4. Dover (No JV)	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck (No JV)

**BOYS AND GIRLS VARSITY SPRING TRACK- 16 MEETS**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**BOYS VARSITY TENNIS – 16 MATCHES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Webutuck
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	
9. Ellenville	

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**GIRLS VARSITY GOLF – 16 MATCHES**

<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
1. Newburgh	1. Minisink	1. Monticello	1. New Paltz	1. FDR
2. Monroe-Woodbury	2. Warwick	2. Liberty	2. Rondout	2. Red Hook
3. Middletown	3. Cornwall	3. Sullivan West	3. Highland	3. Lourdes
4. Kingston	4. Goshen	4. Liv. Manor/Roscoe	4. Marlboro	4. Beacon
5. Pine Bush	5. O’Neill	5. Tri Valley	5. Ellenville	5. Millbrook
6. Valley Central	6. Port Jervis	6. Fallsburg	6. Onteora	6. Pine Plains
7. Washingtonville	7. Burke	7. Homestead		

**BOYS VARSITY LACROSSE – 16 GAMES – A – B – C - D**

<b>Division I (CLASS A) (1036 and up)</b>	<b>Division II (Class B) (1035-728)</b>	<b>Division III (Class C) (727 -450)</b>	<b>Division IV (Class D) (449 and Down)</b>
1. NFA ( <i>Var. &amp; JV</i> )	1. Valley Central ( <i>Var/JV</i> )	1. Walkkill ( <i>Var &amp; JV</i> )	1. O’Neill ( <i>Var</i> )
2. Monroe-Woodbury ( <i>Var &amp; JV</i> )	2. Washingtonville ( <i>Var. &amp; JV</i> )	2. Highland/Marlboro ( <i>Var</i> )	2. Millbrook ( <i>Var</i> )
3. Middletown ( <i>Var. &amp; JV</i> )	3. Warwick ( <i>Var&amp;JV</i> )	3. Saugerties ( <i>Var</i> )	
4. Kingston ( <i>Var. &amp; JV</i> )	4. Minisink ( <i>Var &amp; JV</i> )	4. New Paltz ( <i>Var</i> )	
5. Pine Bush ( <i>Var. &amp; JV</i> )	5. FDR ( <i>Var</i> )	5. Lourdes ( <i>Var &amp; JV</i> )	
	6. Goshen ( <i>Var &amp; JV</i> )	6. Red Hook/P.P./Rhine	
	7. Cornwall ( <i>Var &amp; JV</i> )	7. Rondout/Onteora	

**GIRLS VARSITY LACROSSE – 16 GAMES – A – B – C - D**

<b>Division I (CLASS A) (1060 and up)</b>	<b>Division II (Class B) (1059-775)</b>	<b>Division III (Class C) (774-465)</b>	<b>Division IV (Class D) (464 and Down)</b>
1. NFA ( <i>Var &amp; JV</i> )	1. Valley Central ( <i>Var &amp; JV</i> )	1. Cornwall ( <i>Var/JV</i> )	1. Rondout ( <i>Var</i> )
2. Monroe-Woodbury ( <i>Var &amp; JV</i> )	2. Warwick ( <i>Var&amp;JV</i> )	2. Walkkill ( <i>Var/JV</i> )	2. Red Hook ( <i>Var</i> )
3. Middletown ( <i>Var. &amp; JV</i> )	3. Washingtonville ( <i>Var &amp; JV</i> )	3. Saugerties ( <i>Var</i> )	3. Highland ( <i>Var</i> )
4. Kingston ( <i>Var. &amp; JV</i> )	4. Minisink ( <i>Var &amp; JV</i> )	4. New Paltz ( <i>Var</i> )	4. O’Neill ( <i>Var</i> )
5. Pine Bush ( <i>Var. &amp; JV</i> )	5. Goshen ( <i>Var/JV</i> )	5. Lourdes ( <i>Var/JV</i> )	5. Chester ( <i>Var</i> )
		FDR ( <i>Var</i> ) - Independent	6. Burke ( <i>Var</i> )
		Beacon ( <i>JV only</i> )	7. Millbrook ( <i>Var</i> )

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**Unified Basketball**

1. Cornwall	8. NFA	14. Rondout
2. Goshen	9. Middletown	15. Pine Plains
3. Warwick	10. Pine Bush	16. Arlington
4. Port Jervis	11. Valley Central	17. John Jay
5. Monroe Woodbury (P)	12. Kingston	18. Red Hook
6. Monroe Woodbury (W)	13. Beacon	19. Wallkill
7. Washingtonville		20. New Paltz

**Section IX Girls Flag Football – 16 Contests Maximum**

<u>Division 1 Large School</u>	<u>Division 2 Large School</u>	<u>Division 1 Small School</u>
1. Newburgh	1. Valley Central	1. Saugerties
2. Monroe Woodbury	2. Washingtonville	2. Lourdes
3. Middletown	3. Warwick	3. Highland
4. Kingston	4. Minisink	4. Marlboro
5. Pine Bush	5. Goshen	5. Rhinebeck
		6. Pine Plains
		7. Burke Catholic

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**SPRING MODIFIED SPORTS TEAMS**

**MODIFIED BASEBALL (7-8) – 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley | 17. Webutuck    |
| 9. Ellenville     |                 |

**MODIFIED SOFTBALL (7-8) – 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston.      | 14. Webutuck    |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley |                 |
| 9. Ellenville     |                 |

**BOYS AND GIRLS MODIFIED TRACK (7-8) – 10 MEETS**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley | 17. Webutuck    |
| 9. Ellenville     |                 |

**2024-2025  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



<b>Boy's Modified Lacrosse – 12 games Maximum</b>		
<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>
1. Newburgh 2. Monroe Woodbury 3. Middletown 4. Pine Bush 5. Warwick 6. Del. Valley Pa.	1. Valley Central 2. Washingtonville 3. Minisink Valley 4. Cornwall 5. Goshen 6. Walkill	1. Kingston 2. Red Hook 3. Highland 4. Rondout 5. Saugerties 6. New Paltz

<b>Girl's Modified Lacrosse – 12 games Maximum</b>			
<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. Newburgh 2. Monroe Woodbury 3. Middletown 4. Del. Valley Pa. 5. Pine Bush	1. Valley Central 2. Washingtonville 3. Warwick 4. Minisink Valley	1. Cornwall 2. Goshen 3. Beacon 4. Chester	1. Kingston 2. Highland 3. Rondout 4. Saugerties 5. New Paltz