

**2025-2026
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



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. Mount Academy	1. Ellenville (No JV) 2. Highland 3. Onteora 4. Dover 5. Spackenkill	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. Mount Academy	1. Ellenville (No JV) 2. Highland 3. Onteora (No JV) 4. Dover (No JV) 5. Spackenkill	1. Rhinebeck 2. Millbrook/Webutuck 3. Pine Plains (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. Mt Academy (Boys)

GIRLS VARSITY SWIMMING – 16 GAMES

Girls Swimming / Diving – 16 Matches Maximum

 = Pool Diving/Swim
 = Pool Swim only
 = 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)

<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 3. Red Hook 4. Rondout Valley 5. Mount Academy	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	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. Onteora
2. Pine Bush	8. Pine Plains (No JV)
3. Lourdes (No JV)	9. Taconic Hills
4. Red Hook (No JV)	10. Cocksackie-Athens
5. Rondout Valley	
6. Ellenville (No JV)	

BOYS VARSITY GOLF – 16 MATCHES

<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 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 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. FDR	1. Minisink 2. Cornwall 3. Monticello 4. Goshen 5. Saugerties 6. Liberty 7. 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. Rockland

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Section IX Football

<u>Class AA: (1025 and up)</u> 1. NFA 2. Middletown 3. Monroe-Woodbury 4. Kingston 5. Pine Bush 6. Valley Central	<u>Enrollment</u> 2819 2085 1752 1368 1176 1050	<u>Class A: (651-1024)</u> 1. Warwick 2. Washingtonville 3. FDR 4. Minisink 5. Goshen 6. Cornwall 7. Wallkill 8. Monticello (Independent) 9. Beacon 10. Lourdes^	<u>Enrollment</u> 999 917 855 794 756 744 729 689 651 572^
<u>Class B: (402-650)</u> 1. Saugerties 2. Port Jervis 3. Liberty 4. New Paltz 5. Marlboro 6. Red Hook	<u>Enrollment</u> 581 521 498 489 456 410	<u>Class C: (273 – 401)</u> 1. Highland 2. Dover 3. Spackenkill 4. O'Neill 5. Chester / SS Seward <u>Class D: (up to 272)</u> 1. Burke	<u>Enrollment</u> 387 369 368 353 313 <u>Enrollment</u> 209
<u>Football (5 Classes)</u> AA 1025 and Up A 651 – 1024 B 402 - 650 C 273 – 401 D 272 and Below	<u>8 Man Football</u> <u>Division 1</u> 1. Fallsburg 339 – Class C 2. Sullivan West 252 – Class D 3. Tri Valley 204 – Class D 4. Eldred 123 – Class D 5. Rockland 111 – Class D <u>Division 2</u> 6. Ellenville 362 – Class C 7. Pine Plains/Rhinebeck 323 – Class C 8. Ontario 297 – Class C 9. Pawling 260 – Class D 10. Millbrook/Webutuck 250 – Class D		

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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) Port Jervis
6. Warwick	6) 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. Wallkill	16. 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	10. Haldane

BOYS SOCCER (7-8) - 12 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 GIRLS SOCCER (7-8) - 12 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. Webutuck
8. Rondout Valley	
9. Ellenville	

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

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

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



WINTER SPORTS

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

<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 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. 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)

<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 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains

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

<u>Division I-A</u> <u>Varsity and JV</u>	<u>Division I-B</u> <u>Varsity and JV</u>	<u>Division I-C</u> <u>Varsity and JV</u>	<u>Division II-A</u>	<u>Division II-B</u> <u>(Var Only)</u>
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	1. Saugerties^ 2. Port Jervis^ 3. Liberty 4. New Paltz^ 5. Lourdes 6. Red Hook 7. Rondout 8. Highland* *Marlboro Shadow Highland ^ Has JV Team	1. Ellenville 2. Fallsburg/Tri Valley 3. Onteora^ 4. Chester 5. Burke 6. Eldred 7. Sullivan West 8. Tuxedo

Girls Wrestling – 20 Points

- | | |
|--------------------|----------------|
| 1. Middletown | 7. Port Jervis |
| 2. Kingston | 8. Liberty |
| 3. Valley Central | 9. Fallsburg |
| 4. Minisink Valley | 10. Onteora |
| 5. FDR | 11. Chester |
| 6. Saugerties | 12. Tuxedo |

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



Section IX Bowling		Unified Bowling	
Division I	Division II		
1. Newburgh 2. Monroe Woodbury 3. Middletown 4. Beacon 5. Port Jervis 6. O'Neill	1. Kingston 2. FDR 3. Saugerties 4. Highland 5. Marlboro	1. NFA 2. Pine Bush 3. Cornwall 4. Beacon 5. New Paltz 6. Kingston	1. FDR 2. Rondout 3. Poughkeepsie 4. Wappingers 5. Arlington

Competitive Cheerleading

Division 1 – Class A 1025+	Division 2 – Class B 555-1024	Division 3 – Class C Up to 250-554	Div. 4 – Class D Up to 249	Co-Ed
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

<u>Boys Swimming / Diving – 16 Matches Maximum</u>	
 = Pool Diving/Swim = Pool Swim only = 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. New Paltz
% Spackenkill to shadow Beacon * Rondout / Onteora to shadow Kingston	***SS Seward to shadow Warwick **Chester/Burke Shadows Goshen

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



BOYS AND GIRLS VARSITY INDOOR TRACK – 16 MEETS

<u>Division I</u>	<u>Division II</u>	<u>Division III</u>	<u>Division IV</u>	<u>Division V</u>	<u>Division VI</u>
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. Goshen 6. Cornwall 7. Wallkill	1. Monticello 2. Lourdes 3. Beacon 4. Port Jervis 5. Liberty 6. New Paltz 7. Marlboro	1. Rondout 2. Red Hook 3. Highland 4. Dover 5. Spackenkill 6. Ellenville	1. Fallsburg 2. Onteora 3. O'Neill 4. Sullivan West 5. Chester * *SS Seward - shadow	1. Pine Plains 2. Burke 3. Tri Valley 4. Millbrook 5. Mount Academy** 6. Eldred 7. Homestead ** - Girls only

BOYS & GIRLS VARSITY SKIING – 16 MEETS

<u>Division I</u>	<u>Division II</u>
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

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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. Webutuck
8. Rondout Valley	
9. Ellenville	

MODIFIED WRESTLING (7-8) – 14 Points

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

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SPRING SPORTS

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

<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 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville (No JV) 3. Highland 4. Onteora (JV only) 5. Dover (No JV)	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck

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

<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 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville (No JV) 3. Highland 4. Onteora (JV only) 5. 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. Pine Plains
6. Marlboro	
7. Red Hook	
8. Rondout Valley	
9. Ellenville	

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



GIRLS VARSITY GOLF – 16 MATCHES

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

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

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

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

<u>Division I (CLASS A)</u> (1036 and up)	<u>Division II (Class B)</u> (1035-728)	<u>Division III (Class C)</u> (727-450)	<u>Division IV (Class D)</u> (450 and Down)
1. NFA (<i>Var & JV</i>) 2. Monroe-Woodbury (<i>Var & JV</i>) 3. Middletown (<i>Var. & JV</i>) 4. Kingston (<i>Var. & JV</i>) 5. Pine Bush (<i>Var. & JV</i>) 6. Valley Central (<i>Var & JV</i>)	1. Warwick (<i>Var&JV</i>) 2. Washingtonville (<i>Var & JV</i>) 3. Minisink (<i>Var & JV</i>) 4. FDR (<i>Var/JV</i>) 5. Goshen (<i>Var/JV</i>) 6. Cornwall (<i>Var/JV</i>) 7. Wallkill (<i>Var/JV</i>)	1. Saugerties (<i>Var</i>) 2. New Paltz (<i>Var</i>) 3. Lourdes (<i>Var/JV</i>) 4. Beacon (<i>Var/JV</i>) 5. Port Jervis (<i>Var/JV</i>)	1. Rondout (<i>Var</i>) 2. Red Hook (<i>Var</i>) 3. Highland (<i>Var</i>) 4. O'Neill (<i>Var</i>) 5. Chester (<i>Var</i>) 6. Burke (<i>Var</i>)

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MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



Unified Basketball

1. Minisink	8. NFA	15. Kingston
2. Goshen	9. Cornwall	16. Rondout
3. Warwick	10. Middletown	17. Pine Plains
4. Port Jervis	11. Pine Bush	18. Arlington
5. Monroe Woodbury (P)	12. Valley Central	19. John Jay
6. Monroe Woodbury (W)	13. Wallkill	20. Red Hook
7. Washingtonville	14. Beacon	21. New Paltz

Section IX Girls Flag Football – 16 Contests Maximum

<u>Division 1 Class A (1018+)</u>	<u>Division 2 Class B (601-1017)</u>	<u>Division 3 (599 and below)</u>
1. Newburgh	1. Washingtonville	1. Saugerties
2. Monroe Woodbury	2. Warwick	2. Lourdes
3. Middletown	3. Minisink	3. Highland
4. Kingston	4. Goshen	4. Marlboro
5. Pine Bush		5. O'Neill
6. Valley Central		6. Rhinebeck
		7. Burke Catholic
		8. Millbrook

2025-2026
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	

2025-2026
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



Boy's Lacrosse Modified A (7,8,9)	
1.	Monroe Woodbury
2.	Middletown
3.	FDR
4.	Saugerties
5.	Red Hook
6.	Rondout
7.	Highland

Boy's Lacrosse Modified B (7,8)	
1.	NFA
2.	Kingston
3.	Pine Bush
4.	Valley Central
5.	Wallkill
6.	New Paltz
7.	Washingtonville
8.	Warwick
9.	Minisink Valley
10.	Cornwall
11.	Goshen
12.	Delaware Valley PA

Girl's Modified Lacrosse – 12 games Maximum			
Modified A (7,8,9)		Modified B (7,8)	
Division 1	Division 2	Division 1	Division 2
1. Monroe Woodbury	1. Saugerties	1. NFA	1. Warwick
2. Washingtonville	2. Red Hook	2. Middletown	2. Minisink
3. Chester	3. Rondout	3. Kingston	3. Cornwall
4. FDR	4. New Paltz	4. Pine Bush	4. Goshen
	5. Highland	5. Valley Central	5. Beacon
		6. Wallkill	6. DV PA