

March 18	King's Park 15K C
April 1	Patchogue Family YMCA 5K T
April 30	Jigsaw 4M East Islip T
May 13	Run for the Health of It 5K Northport T
May 29	Long Beach 10 Miler C
June 8	Police Appreciation Run East Meadow
June 24	LT Murphy Half Marathon Ronkonkoma T&C
June 25	Massapequa Firecracker 5K
July 4	Independence Day 4M Bellmore
July 9	Thunder Run 5K Hauppague
July 15	Watermelon 5K East Meadow T
August 2	Ducks 1M East Meadow T&C
September 3	Pedone 5K Glen Cove
September 4	Long Beach 5 Miler T
October 1	Massapequa Park Mile T
October 15	AutisMile 1M East Islip T
October 22	New Hyde Park-Mineola 8K Run/Walk T&C
November 19	Long Beach 10K C
November 25	St. Brigid 5K Westbury T
December 3	Santa's Toy Trot 5K Patchogue T&C

C=Championship Event | T=Team Scoring