



Johnson City

(B) V Winter Track

Coaches:

- Eric Putman, Head Coach
- Eric Mastroianni, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 14, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 15, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 17, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 20, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 21, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 27, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 28, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 29, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 5, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 6, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 8, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 12, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 19, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 20, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 21, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 4, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 8, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 9, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 10, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 11, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 12, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 16, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 17, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 18, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 19, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 22, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 23, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 24, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 25, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 26, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 29, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 30, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 31, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 1, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 2, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 5, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 6, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 7, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 8, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 13, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 14, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 15, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 20, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 21, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 22, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 23, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		

Date: 2024-05-13