



# Johnson City

## (G) V Cross Country

### Coaches:

- Eric Adolf, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 23, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 1, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 9, 2023	Sat	Regular Season (Elmira Notre Dame Crusader Clash @ TBD Cross Country Invitational)	@ TBD	8:30 AM		Murray Athletic Center	<b>Departure Point:</b> HS <b>Departure Time:</b> 7:15 AM	L
Sep 16, 2023	Sat	Regular Season (55th Annual McDaniel-Baxter Cross Country Invitational)	@ TBD	9:00 AM		Chenango Valley HS	<b>Departure Point:</b> HS <b>Departure Time:</b> 8:30 AM	L
Sep 23, 2023	Sat	Regular Season (Owego Cross country Invitational 2023)	@ TBD	9:00 AM		Owego Free Academy	<b>Departure Point:</b> HS <b>Departure Time:</b> 8:00 AM	L
Sep 30, 2023	Sat	Regular Season (58th Annual McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park - Rochester	<b>Departure Point:</b> HS	L
Oct 6, 2023	Fri	Regular Season (40th Annual Newark Valley/Bob Greene Cross Country Invitational)	@ TBD	3:45 PM		TBD	<b>Departure Point:</b> HS <b>Departure Time:</b> 3:00 PM	L
Oct 14, 2023	Sat	Regular Season (Marathon Invitational)	@ TBD	9:15 AM		Appleby Elementary School	<b>Departure Point:</b> HS	L
Oct 17, 2023	Tue	Regular Season (Whitney Point Invitational)	@ TBD	4:30 PM		WP Cross Country Course	<b>Departure Point:</b> HS	L
Oct 21, 2023	Sat	Regular Season (STAC Championship)	@ TBD	TBD		TBD	<b>Departure Point:</b> HS	L
Oct 24, 2023	Tue	Regular Season (Dash in the Dark)	@ TBD	6:55 PM	7:15 PM	OFA Stadium	<b>Departure Point:</b> HS <b>Departure Date:</b> Oct 24, 2023 <b>Departure Time:</b> 4:30 PM <b>Return Date:</b> Oct 24, 2023 <b>Return Time:</b> 8:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2023	Thu	Post-Season (Sectional Championships)	@ TBD	10:00 AM	2:00 PM	Chenango Valley State Park	<b>Departure Point:</b> HS <b>Departure Date:</b> Nov 2, 2023 <b>Departure Time:</b> 11:30 AM <b>Return Date:</b> Nov 2, 2023 <b>Return Time:</b> 2:30 PM	NL

Date: 2024-04-28