



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 14, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 15, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 16, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 17, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 18, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 19, 2017	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 21, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 22, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 23, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 24, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 25, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 26, 2017	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 28, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 29, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 30, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 31, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 1, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 5, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 6, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 7, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 8, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 9, 2017	Sat	Meet (Windsor Invitational)	Vs. Multiple	9:00 AM		Windsor High School		NL
Sep 11, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 12, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 13, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 14, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 16, 2017	Sat	Meet (McDaniel-Baxter Invitational)	Vs. Multiple	9:00 AM		Chenango Valley HS		NL
Sep 18, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 19, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 20, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 21, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 22, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 23, 2017	Sat	Meet (Baldwinsville Invitational)	Vs. Multiple	10:00 AM		Baldwinsville		NL
Sep 25, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 26, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 27, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 28, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 29, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 30, 2017	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM	12:00 PM	Genesee Valley Park - Rochester		L
Oct 2, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 4, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 5, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 6, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 10, 2017	Tue	Meet (Metro Divisional Championship)	Vs. Multiple	4:00 PM	6:00 PM	Ann G McGuinness Elementary Cross Country Course		NL
Oct 11, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 12, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 13, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 16, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 17, 2017	Tue	Meet (Whitney Point Invitational)	Vs. Multiple	4:30 PM		Whitney Point		NL
Oct 18, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 19, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 20, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 21, 2017	Sat	Meet (Marathon Invitational)	Vs. Multiple	9:15 AM		Marathon		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 23, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 25, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 26, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 27, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 28, 2017	Sat	Meet (STAC championship)	Vs. Multiple	TBD		Fortin Park, Oneonta		NL
Oct 30, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 31, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 1, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 2, 2017	Thu	Meet (State Qualifier)	Vs. Multiple	2:50 PM	3:30 PM	Chenango Valley State Park		NL
Nov 3, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 6, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 7, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 8, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 9, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 10, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 11, 2017	Sat	Meet (State Meet)	Vs. Multiple	TBD		TBD		NL

Date: 2024-05-18