



# 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 13, 2018	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 14, 2018	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 15, 2018	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 16, 2018	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 17, 2018	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 20, 2018	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 21, 2018	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 22, 2018	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 23, 2018	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 24, 2018	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 27, 2018	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 28, 2018	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 29, 2018	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 30, 2018	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 31, 2018	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 8, 2018	Sat	Regular Season (Windsor Invitational)	@ TBD	9:00 AM		Windsor High School	Departure Point: HS Departure Time: 7:45 AM	L
Sep 15, 2018	Sat	Regular Season (McDaniel Baxter Invitational)	@ Chenango Valley	10:25 AM	11:25 AM	TBD	Departure Time: 7:45 AM	L
Sep 22, 2018	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	2:00 PM	3:00 PM	Bville - Durgee Jr. High School	Departure Time: 10:00 AM Return Date: Return Time: 4:30 PM	NL
Sep 28, 2018	Fri	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	12:00 AM		McQuaid Jesuit HS	Departure Time: 9:00 AM	L
Sep 29, 2018	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	12:00 AM		McQuaid Jesuit HS		L
POSTPONED Oct 2, 2018	Tue	Regular Season (STAC Cross Over Meet)	@ TBD	4:30 PM	7:00 PM	Park Station Recreation Area Beaver Pond Rd. Erin, NY	Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2018	Fri	Regular Season (36th Annual Newark Valley Invitational)	@ TBD	4:00 PM	7:00 PM	Newark Valley High School	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 16, 2018	Tue	Regular Season (Whitney Point Invitational)	@ TBD	4:30 PM		Caryl E. Adams Elementary School Whitney Point, New York	<b>Departure Time:</b> 2:45 PM	L
Oct 23, 2018	Tue	Post-Season (STAC Championship)	Susquehanna Valley, Windsor, Binghamton, Chenango Valley, Corning-Painted Post, Elmira, Horseheads, Maine-Endwell, Norwich, Oneonta, Seton Catholic Central, Ithaca, Union-Endicott, TBD @ Owego Apalachin	3:30 PM	5:30 PM	Pheasant Hill Country Club		L
Oct 23, 2018	Tue	Regular Season (STAC Championship)	@ TBD	TBD		Pheasant Hill Golf Course	<b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 31, 2018	Wed	Regular Season (Run the Course)	@ TBD	3:00 PM	4:00 PM	Chenango Valley State Park	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Nov 1, 2018	Thu	Regular Season (Sectionals)	@ TBD	1:55 PM	4:00 PM	Chenango Valley State Park	<b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L

Date: 2026-01-13