

Coaches:

• Eric Adolf, Head Coach

Aug 22, 2022 Mon Practice N/A 8.30	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 24, 2022 Wed Practice N/A 8.30 10:30 JC HS Aug 26, 2022 Fri Practice N/A 8.30 10:30 JC HS Aug 29, 2022 Mon Practice N/A 8.30 10:30 JC HS Aug 30, 2022 Tue Practice N/A 8.30 10:30 JC HS Aug 30, 2022 Tue Practice N/A 8.30 10:30 JC HS Aug 31, 2022 Wed Practice N/A 8.30 10:30 JC HS Aug 31, 2022 Wed Practice N/A 8.30 10:30 JC HS Sep 1, 2022 Fri Practice N/A 8.30 10:30 JC HS Sep 2, 2022 Fri Practice N/A 8.30 10:30 JC HS Sep 8, 2022 Tue Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Tue Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Fri Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Tue Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Tue Practice N/A 8.30 10:30 JC HS Sep 1, 2022 Tue Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Fri Practice N/A 8.30 10:30 JC HS Sep 9, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 9, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 9, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 10, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 10, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 12, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 14, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 15, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 16, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 17, 2022 Wed Practice N/A 8.30 5:00 JC HS Sep 18, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 19, 2022 Fri Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 11, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 12, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 12, 2022 Tue Practice N/A 8.30 5:00 JC HS Sep 12, 2022 Tue P	Aug 22, 2022	Mon	Practice	N/A					
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	Sep 21, 2022	Wed	Practice	N/A					

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 24, 2022	Sat	Regular Season (Owego Cross Country Invitational)	@ TBD	TBD		Owego Free Academy		Departure Point: HS Departure Date: Sep 24, 2022 Departure Time: 7:30 AM Return Date: Sep 24, 2022 Return Time: 1:00 PM	L
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 27, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Sep 30, 2022	Fri	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park - Rochester		Departure Point: HS	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park - Rochester		Departure Point: HS	NL
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 4, 2022	Tue	Regular Season (Metro Division Championship)	@ TBD	4:00 PM	6:00 PM	Maine Memorial ES		Departure Point: HS Departure Date: Oct 4, 2022 Departure Time: 3:00 PM Return Date: Oct 4, 2022 Return Time: 6:00 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 7, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 15, 2022	Sat	Regular Season (Marathon Cross Country Invitational)	@ TBD	8:30 AM	11:00 AM	School		Departure Point: HS	L
Oct 17, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 18, 2022	Tue	Regular Season (Whitney Point Golden Eagles Cross Country Invitational)	@ TBD	4:00 PM		Caryl E. Adams Elementary School Whitney Point, New York		Departure Point: HS Departure Date: Oct 18, 2022 Departure Time: 3:00 PM Return Date: Oct 18, 2022 Return Time: 7:00 PM	NL
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 22, 2022	Sat	Regular Season (STAC)	Corning- Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Maine- Endwell, Union- Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy		Departure Point: HS Departure Date: Oct 22, 2022 Departure Time: 9:30 AM Return Date: Oct 22, 2022 Return Time: 2:00 PM	L
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Oct 31, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Nov 1, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Nov 2, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track			
Nov 3, 2022	Thu	Regular Season (State Qualifier)	@ TBD	10:45 AM	2:00 PM	Chenango Valley State Park	Class Dismissal: 9:30 AM	Departure Point: HS Departure Date: Nov 3, 2022 Departure Time: 10:00 AM Return Date: Nov 3, 2022 Return Time: 2:15 PM	L

Nov 4, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 7, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 8, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 9, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 10, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 12, 2022	Sat	Post-Season (State Championships)	@ TBD	TBD		TBD	Departure Point: HS	NL

Date: 2024-05-11