



# Johnson City

## (G) V Cross Country

### Coaches:

- Eric Adolf, Head Coach

| DATE         | WEEK DAY | TYPE  | OPPONENTS | START TIME | END TIME | LOCATION             | DEPARTURE                     | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|----------------------|-------------------------------|----------------|---------------------|
| Aug 22, 2022 | Mon      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Aug 23, 2022 | Tue      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Aug 24, 2022 | Wed      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Aug 25, 2022 | Thu      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Aug 26, 2022 | Fri      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Aug 29, 2022 | Mon      | Practice  | N/A       | 3:00 PM    | 4:30 PM  | JC HS Track          |                               |                |                     |
| Aug 30, 2022 | Tue      | Practice  | N/A       | 3:00 PM    | 4:30 PM  | JC HS Track          |                               |                |                     |
| Aug 31, 2022 | Wed      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Sep 1, 2022  | Thu      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Sep 2, 2022  | Fri      | Practice  | N/A       | 8:30 AM    | 10:30 AM | JC HS Track          |                               |                |                     |
| Sep 6, 2022  | Tue      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 7, 2022  | Wed      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 8, 2022  | Thu      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 9, 2022  | Fri      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 10, 2022 | Sat      | Regular Season (VVS Cross Country Invitational)             | @ TBD     | 8:15 AM    |          | Cross Country Course | <b>Departure Point:</b><br>HS |                | L                   |
| Sep 12, 2022 | Mon      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 13, 2022 | Tue      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 14, 2022 | Wed      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 15, 2022 | Thu      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 16, 2022 | Fri      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 17, 2022 | Sat      | Regular Season (McDaniel-Baxter Cross Country Invitational) | @ TBD     | 9:00 AM    |          | Chenango Valley HS   | <b>Departure Point:</b><br>HS |                | L                   |
| Sep 19, 2022 | Mon      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 20, 2022 | Tue      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |
| Sep 21, 2022 | Wed      | Practice  | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track          |                               |                |                     |

| DATE         | WEEK DAY | TYPE   | 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              |           | <b>Departure Point:</b> HS<br><b>Departure Date:</b> Sep 24, 2022<br><b>Departure Time:</b> 7:30 AM<br><b>Return Date:</b> Sep 24, 2022<br><b>Return Time:</b> 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 |           | <b>Departure Point:</b> HS   | NL                  |
| Oct 1, 2022  | Sat      | Regular Season (McQuaid Invitational)                | @ TBD     | TBD        |          | Genesee Valley Park - Rochester |           | <b>Departure Point:</b> 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               |           | <b>Departure Point:</b> HS<br><b>Departure Date:</b> Oct 4, 2022<br><b>Departure Time:</b> 3:00 PM<br><b>Return Date:</b> Oct 4, 2022<br><b>Return Time:</b> 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 | Appleby Elementary School       |           | <b>Departure Point:</b> HS   | L                   |
| Oct 17, 2022 | Mon      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | JC HS Track                     |           |  |                     |

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|--------------|----------|---|--|------------|----------|--|---------------------------------|--|
| 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 |                                 | NL<br><b>Departure Point:</b> HS<br><b>Departure Date:</b> Oct 18, 2022<br><b>Departure Time:</b> 3:00 PM<br><b>Return Date:</b> Oct 18, 2022<br><b>Return Time:</b> 7:00 PM |
| 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                                       |                                 | L<br><b>Departure Point:</b> HS<br><b>Departure Date:</b> Oct 22, 2022<br><b>Departure Time:</b> 9:30 AM<br><b>Return Date:</b> Oct 22, 2022<br><b>Return Time:</b> 2:00 PM  |
| 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                               | <b>Class Dismissal:</b> 9:30 AM | L<br><b>Departure Point:</b> HS<br><b>Departure Date:</b> Nov 3, 2022<br><b>Departure Time:</b> 10:00 AM<br><b>Return Date:</b> Nov 3, 2022<br><b>Return Time:</b> 2:15 PM   |

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|--------------|-----|-----------------------------------|-------|---------|---------|-------------|--|--|-------------------------------|
| 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         |  |  | <b>Departure Point:</b> HS NL |

Date: 2024-04-29