



# Johnson City (G) V Cross Country

## Coaches:

- Eric Adolf, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Preseason Camp)	N/A	TBD		TBD	
Aug 27, 2024	Tue	Practice (Preseason Camp)	N/A	TBD		TBD	
Aug 28, 2024	Wed	Practice (Preseason Camp)	N/A	TBD		TBD	
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 7, 2024	Sat	Regular Season (Dave "Flash" Forbes Invitational)	@ TBD	TBD		Fortin Park, Oneonta	<b>Departure Point: HS</b> <b>Departure Time: 8:00 AM L</b>
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 13, 2024	Fri	Regular Season (Owego Invitational )	@ TBD	6:30 PM	8:00 PM	Owego Free Academy	<b>Departure Point: HS</b> <b>Departure Date: Sep 13, 2024</b> <b>Departure Time: 5:00 PM L</b> <b>Return Date: Sep 13, 2024</b> <b>Return Time: 8:00 PM</b>
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	

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Sep 21, 2024	Sat	Regular Season (Convicke Stock Invitational)	@ TBD	10:00 AM		Ann G McGuinness Elementary Cross Country Course	<b>Departure Point:</b> HS <b>Departure Date:</b> Sep 21, 2024 <b>Departure Time:</b> 8:30 AM L
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Sep 27, 2024	Fri	Regular Season (McQuaid Invitational)	@ TBD	TBD	TBD		<b>Departure Point:</b> HS <b>Departure Date:</b> Sep 27, 2024 <b>Departure Time:</b> 11:00 AM L
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park - Rochester	<b>Departure Point:</b> HS <b>Departure Date:</b> Sep 27, 2024 <b>Departure Time:</b> 10:00 AM L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 5, 2024	Sat	Regular Season (McDaniel-Baxter Invitational)	@ TBD	9:00 AM		CV - HS Warrior Stadium	<b>Departure Point:</b> HS <b>Departure Date:</b> Oct 5, 2024 <b>Departure Time:</b> 7:30 AM L
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 8, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	8:45 AM		Appleby Elementary School	<b>Departure Point:</b> HS <b>Departure Date:</b> Oct 19, 2024 <b>Departure Time:</b> 7:00 AM L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 22, 2024	Tue	Regular Season (Whitney Point Golden Eagles Cross Country Invitational)	@ TBD	5:20 PM	6:00 PM	CEA Field Hockey-Lacrosse Girls - Rotary Field	<b>Departure Point:</b> HS <b>Departure Date:</b> Oct 22, 2024 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Oct 22, 2024 <b>Return Time:</b> 6:00 PM
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning-Painted Post, Elmira, Ithaca, Binghamton, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, TBD, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	12:00 PM		Fortin Park	<b>Departure Time:</b> 9:30 PM
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 29, 2024	Tue	Regular Season (Owego Cross Country Night Invitational)	@ TBD	4:45 PM		Owego Free Academy	<b>Departure Point:</b> HS <b>Departure Time:</b> 3:15 PM
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Nov 7, 2024	Thu	Post-Season (Section IV Championship)	@ TBD	TBD		Chenango Valley State Park	<b>Departure Point:</b> HS

Date: 2026-02-14