



# Johnson City

## (B) V Cross Country

### Coaches:

- Eric Adolf, Head Coach

| DATE         | WEEK DAY | TYPE   | OPPONENTS  | START TIME | END TIME | LOCATION                        | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|---------------------------------|--|---------------------|
| Aug 21, 2023 | Mon      | Practice   | N/A  | 8:00 AM    | 10:00 AM | JC HS Track                     |  |                     |
| Aug 22, 2023 | Tue      | Practice   | N/A  | 8:00 AM    | 10:00 AM | JC HS Track                     |  |                     |
| Aug 23, 2023 | Wed      | Practice   | N/A  | 8:00 AM    | 10:00 AM | JC HS Track                     |  |                     |
| Aug 24, 2023 | Thu      | Practice   | N/A  | 8:00 AM    | 10:00 AM | JC HS Track                     |  |                     |
| Aug 25, 2023 | Fri      | Practice   | N/A  | 8:00 AM    | 10:00 AM | JC HS Track                     |  |                     |
| Aug 31, 2023 | Thu      | Practice   | N/A  | 9:00 AM    | 11:00 AM | JC HS Track                     |  |                     |
| Sep 1, 2023  | Fri      | Practice   | N/A  | 9:00 AM    | 11:00 AM | JC HS Track                     |  |                     |
| Sep 9, 2023  | Sat      | Regular Season (Elmira Notre Dame Crusader Clash Cross Country Invitational)     | @ TBD  | 8:30 AM    |          | Murray Athletic Center          | <b>Departure Point:</b> HS<br><b>Departure Time:</b> 7:15 AM   | L                   |
| Sep 9, 2023  | Sat      | Regular Season (Crusader Clash @ EC Domes)                                       | Elmira, Waverly, Corning-Painted Post, Bath, Elmira Heights, Watkins Glen, Hornell, Tioga @ Notre Dame, Elmira | 8:30 AM    |          | Murray Athletic Center          | <b>Departure Time:</b> 7:15 AM   | L                   |
| Sep 16, 2023 | Sat      | Regular Season (55th Annual McDaniel-Baxter Cross Country Invitational)          | @ TBD  | 9:00 AM    |          | Chenango Valley HS              | <b>Departure Point:</b> HS<br><b>Departure Time:</b> 8:30 AM   | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Owego Cross country Invitational 2023)                           | @ TBD  | 9:00 AM    |          | Owego Free Academy              | <b>Departure Point:</b> HS<br><b>Departure Time:</b> 8:00 AM   | L                   |
| Sep 30, 2023 | Sat      | Regular Season (58th Annual McQuaid Invitational)                                | @ TBD  | 9:00 AM    |          | Genesee Valley Park - Rochester | <b>Departure Point:</b> HS   | L                   |
| Oct 6, 2023  | Fri      | Regular Season (40th Annual Newark Valley/Bob Greene Cross Country Invitational) | @ TBD  | 3:45 PM    |          | Newark Valley High School       | <b>Departure Point:</b> HS<br><b>Departure Time:</b> 3:00 PM   | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Marathon Invitational)   | @ TBD  | 9:15 AM    |          | Appleby Elementary School       | <b>Departure Point:</b> HS<br><b>Departure Time:</b> 7:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 2:00 PM | L                   |
| Oct 17, 2023 | Tue      | Regular Season (Whitney Point Invitational)                                      | @ TBD  | 4:30 PM    |          | WP Cross Country Course         | <b>Departure Point:</b> HS   | L                   |

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|--------------|----------|---------------------------------------|-----------|------------|----------|--|---|---------------------|
| Oct 21, 2023 | Sat      | Regular Season (STAC Championship)    | @ TBD     | TBD        |          | Ann G McGuinness Elementary Cross Country Course | <b>Departure Point:</b><br>HS<br><b>Departure Date:</b><br>Oct 21, 2023<br><b>Departure Time:</b><br>9:00 AM<br><b>Return Date:</b><br><b>Return Time:</b> 2:00 PM              | L                   |
| Oct 24, 2023 | Tue      | Regular Season (Dash in the Dark)     | @ TBD     | 6:30 PM    | 7:00 PM  | OFA Stadium                                      | <b>Departure Point:</b><br>HS<br><b>Departure Date:</b><br>Oct 24, 2023<br><b>Departure Time:</b><br>4:30 PM<br><b>Return Date:</b> Oct 24, 2023<br><b>Return Time:</b> 8:00 PM | NL                  |
| Nov 2, 2023  | Thu      | Post-Season (Sectional Championships) | @ TBD     | 10:00 AM   | 2:00 PM  | Chenango Valley State Park                       | <b>Departure Point:</b><br>HS<br><b>Departure Date:</b><br>Nov 2, 2023<br><b>Departure Time:</b><br>8:30 AM<br><b>Return Date:</b> Nov 2, 2023<br><b>Return Time:</b> 2:30 PM   | NL                  |

Date: 2024-05-01