



# 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 14, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 15, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 16, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 17, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 18, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 19, 2017	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 21, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 22, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 23, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 24, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 25, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 26, 2017	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 28, 2017	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 29, 2017	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 30, 2017	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 31, 2017	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 1, 2017	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 5, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 6, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 7, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 8, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 9, 2017	Sat	Meet (Windsor Invitational)	Vs. Multiple	9:00 AM	12:00 PM	Windsor High School	Departure Time: 7:15 AM	NL
Sep 11, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 12, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 13, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 14, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 16, 2017	Sat	Meet (McDaniel-Baxter Invitational)	Vs. Multiple	9:00 AM	12:00 PM	Chenango Valley HS	<b>Departure Time:</b> 7:45 AM	NL
Sep 18, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 19, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 20, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 21, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 22, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 23, 2017	Sat	Meet (Baldwinsville Invitational)	Vs. Multiple	10:00 AM	1:00 PM	Baldwinsville	<b>Departure Time:</b> 8:00 AM	NL
Sep 25, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 26, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 27, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 28, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 29, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 30, 2017	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM	12:00 PM	Genesee Valley Park - Rochester		L
Oct 2, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 3, 2017	Tue	Meet (Division Cross Over Meet)	Vs. Multiple	4:00 PM		Fortin Park, Oneonta	<b>Departure Time:</b> 2:15 PM	NL
Oct 4, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 5, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 6, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 7, 2017	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Oct 10, 2017	Tue	Meet (Metro Divisional Championship)	Vs. Multiple	4:00 PM	6:00 PM	Ann G McGuinness Elementary Cross Country Course		NL
Oct 11, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 12, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 13, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 16, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 17, 2017	Tue	Meet (Whitney Point Invitational)	Vs. Multiple	TBD		Whitney Point	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL
Oct 18, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 20, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 21, 2017	Sat	Meet (Marathon Invitational)	Vs. Multiple	TBD		Marathon	Departure Time: 7:30 AM	NL
Oct 23, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 25, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 26, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 27, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 28, 2017	Sat	Meet (Cross-Country Boys Championship)	Vs. Multiple	12:00 PM		Fortin Park		NL
Oct 30, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 31, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 1, 2017	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Chenango Valley State Park	Departure Time: 2:30 PM Return Date: Return Time: 3:30 PM	
Nov 2, 2017	Thu	Meet (State Qualifier)	Vs. Multiple	1:55 PM	2:30 PM	Chenango Valley State Park		NL
Nov 3, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 6, 2017	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 7, 2017	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 8, 2017	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 9, 2017	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 10, 2017	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 11, 2017	Sat	Meet (State Meet)	Vs. Multiple	TBD		Wayne High School		NL

Date: 2024-05-16