



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 19, 2019	Mon	Practice	N/A	8:00 AM	11:00 AM	JC HS Track		
Aug 20, 2019	Tue	Practice	N/A	8:00 AM	11:00 AM	Otsiningo Park	Departure Time: 8:15 AM Return Date: Return Time: 10:30 AM	
Aug 21, 2019	Wed	Practice	N/A	8:00 AM	11:00 AM	Binghamton University West Gym	Departure Time: 8:15 AM Return Date: Return Time: 10:30 AM	
Aug 22, 2019	Thu	Practice	N/A	8:00 AM	11:00 AM	Otsiningo Park	Departure Time: 8:15 AM Return Date: Return Time: 10:30 AM	
Aug 23, 2019	Fri	Practice	N/A	8:00 AM	11:00 AM	Binghamton University West Gym	Departure Time: 8:15 AM Return Date: Return Time: 10:30 AM	
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	11:00 AM	JC HS Track		
Aug 27, 2019	Tue	Practice	N/A	8:00 AM	11:00 AM	Cole Park	Departure Time: 8:00 AM Return Date: Return Time: 10:30 AM	
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	11:00 AM	JC HS Track		
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	11:00 AM	Cole Park	Departure Time: 8:00 AM Return Date: Return Time: 10:30 AM	
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	11:00 AM	JC HS Track		
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 6, 2019	Fri	Regular Season (Relays)	@ TBD	5:30 PM	7:30 PM	Cole Park	Departure Point: HS	L
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 13, 2019	Fri	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 14, 2019	Sat	Regular Season (Owego Invitational)	@ TBD	9:00 AM	1:00 PM	Owego Free Academy	Departure Time: 7:45 AM Return Date: Return Time: 2:00 PM	L
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	12:00 PM	4:00 PM	Baldwinsville	Departure Point: HS Departure Time: 9:00 AM Return Date: Return Time: 4:00 PM	L
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 25, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 27, 2019	Fri	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		McQuaid Jesuit HS	Departure Point: HS Departure Time: 9:00 AM Return Date: Return Time: 2:00 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		McQuaid Jesuit HS	Departure Point: HS Departure Time: 9:00 AM Return Date: Return Time: 2:00 PM	L
CANCELLED Oct 7, 2019	Mon	Regular Season (Metro Division Championship)	@ TBD	4:30 PM	6:00 PM	Ann McGuinness School	Departure Point: HS Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2019	Fri	Regular Season (Bob Greene Invitational)	Athens, Blue Ridge, Chenango Valley, Corning-Painted Post, Delaware Academy, Elk Lake, Notre Dame, Elmira, Ithaca, Lansing, Port Byron (Port Byron/Union Springs), Seneca Falls, Seton Catholic Central, Southern Cayuga, Tioga, Tully, West Genesee, Windsor, Horseheads @ Newark Valley	4:00 PM	6:00 PM	Newark Valley High School	Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	NL
Oct 19, 2019	Sat	Regular Season (Marathon Invitational)	@ TBD	9:15 AM	1:00 PM	Marathon	Departure Point: HS Departure Time: Return Date: Return Time:	L
Oct 22, 2019	Tue	Regular Season (Whitney Point Invitational)	@ TBD	4:30 PM	6:30 PM	Whitney Point	Departure Point: HS Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM	L
Oct 26, 2019	Sat	Regular Season (STAC Championships)	@ TBD	10:00 AM	1:00 PM	Ann McGuinness School	Departure Point: HS Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM	L
Oct 29, 2019	Tue	Regular Season (STAC Cross Over Meet)	@ TBD	4:30 PM	6:30 PM	Murray Athletics Center Horseheads, NY	Departure Point: HS Departure Time: 2:00 PM Return Date: Return Time: 6:30 PM	L
Nov 6, 2019	Wed	Regular Season (Run the Course)	@ TBD	2:45 PM	3:45 PM	Chenango Valley State Park	Departure Point: HS Departure Time: 2:45 PM Return Date: Return Time: 3:45 PM	L
Nov 7, 2019	Thu	Regular Season (State Qualifiers)	TBD	1:30 PM		Chenango Valley State Park	Departure Point: HS Departure Time: 12:00 PM Return Date:	L
Nov 16, 2019	Sat	Regular Season (NYSPHSAA Championship)	@ TBD	TBD		Plattsburgh, NY	Departure Point: HS Departure Time:	L

Date: 2024-05-16