



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 23, 2021	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 24, 2021	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 25, 2021	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 26, 2021	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 27, 2021	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 30, 2021	Mon	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Aug 31, 2021	Tue	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 1, 2021	Wed	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 3, 2021	Fri	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 4, 2021	Sat	Regular Season (Windsor Cross Country Invitational)	@ TBD	8:45 AM	10:00 AM	Windsor High School	Departure Point: HS Departure Time: 7:30 AM	L
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 10, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 11, 2021	Sat	Regular Season (Elmira Invitational)	@ TBD	9:00 AM	12:00 PM	Elmira College	Departure Time: 7:00 AM Return Date: Return Time: 12:00 PM	NL
Sep 13, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 14, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 15, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 16, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 17, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 18, 2021	Sat	Regular Season (McDaniel-Baxter Cross Country Invitational;)	@ TBD	9:00 AM	3:00 PM	Chenango Valley State Park	Departure Time: 7:45 AM Return Date: Return Time: 3:00 PM	L
Sep 20, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 21, 2021	Tue	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 22, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 23, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 25, 2021	Sat	Regular Season (Owego Invite)	@ TBD	10:00 AM		Owego Free Academy	Departure Time: 9:00 AM	NL
Sep 27, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 28, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 30, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 1, 2021	Fri	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park - Rochester	Departure Time: 9:00 AM Return Date: Return Time: 3:00 PM	L
Oct 2, 2021	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		TBD		NL
Oct 4, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 5, 2021	Tue	Regular Season (Metro Division Championship)	@ TBD	5:00 PM	6:00 PM	Arnold Park	Departure Time: 4:15 PM Return Date: Return Time: 7:00 PM	NL
Oct 6, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 7, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 8, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 12, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 13, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 14, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 16, 2021	Sat	Regular Season (Marathon Invite)	@ TBD	10:35 AM	11:00 AM	Marathon H S	Departure Time: 7:30 AM Return Date: Return Time: 1:30 PM	NL
Oct 18, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 19, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 20, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 21, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 22, 2021	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
Oct 23, 2021	Sat	Regular Season (STAC Championship)	@ TBD	12:00 PM	12:30 PM	Fortin Park	Departure Point: HS Departure Time: 9:30 AM Return Date: Return Time: 2:00 PM	L
Oct 25, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
CANCELLED Oct 26, 2021	Tue	Regular Season (Metro Division Crossover)	Binghamton, Susquehanna Valley, Seton Catholic Central @ Union-Endicott	4:30 PM		Ann G McGuinness Elementary Cross Country Course		L
Oct 27, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 28, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 29, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 1, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 2, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 3, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 4, 2021	Thu	Regular Season (State Qualifier)	@ TBD	2:00 PM	5:00 PM	Chenango Valley State Park	Departure Point: HS Departure Time: 11:00 AM Return Date: Return Time: 5:00 PM	NL
Nov 13, 2021	Sat	Regular Season (State Championship)	@ TBD	TBD		Chenango Valley State Park		NL

Date: 2024-05-15