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 22, 2022	Mon	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Aug 23, 2022	Tue	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Aug 24, 2022	Wed	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Aug 25, 2022	Thu	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Aug 26, 2022	Fri	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Aug 29, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
Aug 30, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
Aug 31, 2022	Wed	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Sep 1, 2022	Thu	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Sep 2, 2022	Fri	Practice	N/A	8:30 AM	10:30 AM	JC HS Track		
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 10, 2022	Sat	Regular Season (VVS Cross Country Invitational)	@ TBD	8:15 AM		Cross Country Course	**Departure Point:** HS	L
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 17, 2022	Sat	Regular Season (McDaniel-Baxter Cross Country Invitational)	@ TBD	9:00 AM		Chenango Valley HS	**Departure Point:** HS	L
Sep 19, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 20, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 21, 2022	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
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 24, 2022	Sat	Regular Season (Owego Cross Country Invitational)	@ TBD	TBD		Owego Free Academy	**Departure Point:** HS	L
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 27, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 30, 2022	Fri	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park - Rochester	**Departure Point:** HS	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park - Rochester	**Departure Point:** HS	NL
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 4, 2022	Tue	Regular Season (Metro Division Championship)	@ TBD	4:00 PM	6:00 PM	Maine Memorial ES	**Departure Point:** HS **Departure Date:** Oct 4, 2022 **Departure Time:** 3:00 PM **Return Date:** Oct 4, 2022 **Return Time:** 6:00 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 7, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 15, 2022	Sat	Regular Season (Marathon Cross Country Invitational)	@ TBD	8:30 AM	11:00 AM	Appleby Elementary School	**Departure Point:** HS **Departure Date:** Oct 15, 2022 **Departure Time:** 7:45 AM **Return Date:** Oct 15, 2022 **Return Time:** 1:00 PM	L
Oct 17, 2022	Mon	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 18, 2022	Tue	Regular Season (Whitney Point Golden Eagles Cross Country Invitational)	@ TBD	4:00 PM		Caryl E. Adams Elementary School Whitney Point, New York	**Departure Point:** HS	NL
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 22, 2022	Sat	Regular Season (STAC)	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Maine-Endwell, Union-Endicott, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM		Owego Free Academy		L
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 31, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 1, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 2, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 3, 2022	Thu	Regular Season (State Qualifier)	@ TBD	10:45 AM	2:00 PM	Chenango Valley State Park	**Departure Point:** HS	L
Nov 4, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 7, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 8, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 9, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 10, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 12, 2022	Sat	Post-Season (State Championships)	@ TBD	TBD		TBD	**Departure Point:** HS	NL

Date: 2026-09-13