



Johnson City

(B) V Cross Country

Coaches:

- Eric Adolf, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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	Departure Point: HS Departure Time: L 7:15 AM
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	Departure Time: L 7:15 AM
Sep 16, 2023	Sat	Regular Season (55th Annual McDaniel-Baxter Cross Country Invitational)	@ TBD	9:00 AM		Chenango Valley HS	Departure Point: HS Departure Time: L 8:30 AM
Sep 23, 2023	Sat	Regular Season (Owego Cross country Invitational 2023)	@ TBD	9:00 AM		Owego Free Academy	Departure Point: HS Departure Time: L 8:00 AM
Sep 30, 2023	Sat	Regular Season (58th Annual McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park - Rochester	Departure Point: 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	Departure Point: HS Departure Time: L 3:00 PM
Oct 14, 2023	Sat	Regular Season (Marathon Invitational)	@ TBD	9:15 AM		Appleby Elementary School	Departure Point: HS Departure Time: L 7:30 AM Return Date: 10/14/2023 Return Time: 2:00 PM
Oct 17, 2023	Tue	Regular Season (Whitney Point Invitational)	@ TBD	4:30 PM		WP Cross Country Course	Departure Point: HS L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 21, 2023	Sat	Regular Season (STAC Championship)	@ TBD	TBD		Ann G McGuinness Elementary Cross Country Course	Departure Point: HS Departure Date: Oct 21, 2023 Departure Time: L 9:00 AM Return Date: Return Time: 2:00 PM	
Oct 24, 2023	Tue	Regular Season (Dash in the Dark)	@ TBD	6:30 PM	7:00 PM	OFA Stadium	Departure Point: HS Departure Date: Oct 24, 2023 Departure Time: NL 4:30 PM Return Date: Oct 24, 2023 Return Time: 8:00 PM	
Nov 2, 2023	Thu	Post-Season (Sectional Championships)	@ TBD	10:00 AM	2:00 PM	Chenango Valley State Park	Departure Point: HS Departure Date: Nov 2, 2023 Departure Time: NL 8:30 AM Return Date: Nov 2, 2023 Return Time: 2:30 PM	

Date: 2026-01-07