



Johnson City

(B) 7/8TH Cross Country

Coaches:

- Stephan Moore, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|--------------------|---------------------|---------------------|
| 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 (Crusader Clash Cross Country Invitational) | @ TBD | 8:30 AM | | TBD | 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 | | |
| 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 | | TBD | 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 | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| 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 | | |
| 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 | 5:00 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 | L |
| Oct 17, 2022 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | JC HS Track | | |
| 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 | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| 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 29, 2022 | Sat | Regular Season (Battle of Hynes Hill Cross Country Invitational) | @ TBD | TBD | | Ann G McGuinness Elementary Cross Country Course | Departure Point: HS | L |
| 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 | | |

Date: 2025-12-10