



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
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
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: 2024-05-13