



Johnson City

(G) V Winter Track

Coaches:

- Eric Putman, Head Coach
- Eric Mastroianni, Asst Coach
- Juliana Tobin, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 15, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 16, 2022	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 17, 2022	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 18, 2022	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 21, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 22, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 23, 2022	Wed	Practice	N/A	10:00 AM	12:00 PM	JC HS Weight Room, JC HS Track			
Nov 28, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 29, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Nov 30, 2022	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 1, 2022	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 2, 2022	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 5, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 7, 2022	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 8, 2022	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 9, 2022	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 9, 2022	Fri	Regular Season (Hurley Weight Throw)	@ TBD	6:00 PM		SUNY Cortland Track	Bus/Driver: Suburban	Departure Point: HS	NL
Dec 10, 2022	Sat	Regular Season (Hurley Invite)	@ TBD	2:00 PM		SUNY Cortland Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Date: Dec 10, 2022 Departure Time: 12:15 PM	L
Dec 12, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 13, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 14, 2022	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invitational)	@ TBD	2:00 PM		SUNY Cortland Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Time: 12:15 PM	L
Dec 19, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 20, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 22, 2022	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Dec 28, 2022	Wed	Regular Season (CNY Holiday Classic)	@ TBD	11:45 AM		Utica University		Departure Point: HS	NL
Jan 3, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			

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Jan 4, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 5, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 6, 2023	Fri	Regular Season (607 Weight Throw)	@ TBD	6:00 PM		SUNY Cortland Track	Bus/Driver: Van	Departure Point: HS Departure Time: 6:00 PM	NL
Jan 7, 2023	Sat	Regular Season (607 Invitational)	@ TBD	5:00 PM		SUNY Cortland Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Time: 3:15 PM	NL
Jan 9, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 10, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 11, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 12, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 14, 2023	Sat	Regular Season (Winter Classic Invitational)	@ TBD	2:00 PM		SUNY Cortland Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Time: 12:15 PM	NL
Jan 17, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 18, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 19, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 20, 2023	Fri	Regular Season (Quinney Invitational)	@ TBD	5:00 PM		Ithaca College Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Time: 3:30 PM	NL
Jan 24, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 26, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 27, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	12:30 PM	6:00 PM	Cornell University Track	Bus/Driver: 1 Bus	Departure Point: HS	NL
Jan 30, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Jan 31, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 1, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 2, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 6, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 7, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 8, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 9, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 10, 2023	Fri	Post-Season (Section IV Championship)	@ TBD	5:00 PM		Ithaca College Track	Bus/Driver: 1 Bus	Departure Point: HS Departure Time: 3:30 PM	NL
Feb 13, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 14, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 15, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 16, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 21, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 22, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			

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Feb 23, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 25, 2023	Sat	Post-Season (State Qualifier)	@ TBD	12:30 PM	5:00 PM	Cornell University Track	Bus/Driver: 1 Bus	Departure Point: HS	NL
Feb 27, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Feb 28, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Mar 1, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Mar 2, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Mar 3, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track			
Mar 4, 2023	Sat	Post-Season (NY State Meet)	@ TBD	TBD		TBD		Departure Point: HS	NL

Date: 2026-01-01