



# Johnson City

## (G) V Winter Track

### Coaches:

- Eric Putman, Head Coach
- Eric Mastroianni, Asst Coach
- Brittany Carpenter

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 14, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 15, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 17, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 20, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 21, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 27, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 28, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 29, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 3, 2023	Sun	Regular Season (Bomber Invitational)	@ TBD	9:00 AM		Ithaca College		<b>Departure Point:</b> HS <b>Departure Date:</b> Dec 3, 2023 <b>Departure Time:</b> 7:45 AM <b>Return Date:</b> Dec 3, 2023 <b>Return Time:</b> 4:00 PM
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 5, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 6, 2023	Wed	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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 8, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invitational)	@ TBD	2:00 PM	6:00 PM	Cortland State	<b>Departure Point:</b> HS <b>Departure Date:</b> Dec 9, 2023 <b>Departure Time:</b> 12:15 PM <b>Return Date:</b> Dec 9, 2023 <b>Return Time:</b> 7:30 PM	L
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 12, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 16, 2023	Sat	Regular Season (Winter Classic Invitational)	@ TBD	2:00 PM	6:00 PM	Cortland State	<b>Departure Point:</b> HS <b>Departure Date:</b> Dec 16, 2023 <b>Departure Time:</b> 12:15 PM <b>Return Date:</b> Dec 16, 2023 <b>Return Time:</b> 7:00 PM	L
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 19, 2023	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 20, 2023	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Dec 21, 2023	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 3, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 4, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 5, 2024	Fri	Regular Season (Hurley Invite)	@ TBD	4:30 PM		Ithaca College	<b>Departure Point:</b> HS <b>Departure Time:</b> 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Jan 8, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 9, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 10, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 11, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 12, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 13, 2024	Sat	Regular Season (607 Invitational)	@ TBD	6:00 PM	10:00 PM	Cortland State	<b>Departure Point:</b> HS <b>Departure Date:</b> Jan 13, 2024 <b>Departure Time:</b> 4:30 PM <b>Return Date:</b> Jan 13, 2024 <b>Return Time:</b> 11:00 PM	L
Jan 16, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 17, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 18, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 19, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 22, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 23, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 24, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 25, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 26, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 29, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 30, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Jan 31, 2024	Wed	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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 2, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 3, 2024	Sat	Regular Season (Quinney Invitational)	@ TBD	6:00 PM		Cortland State	<b>Departure Point:</b> HS <b>Departure Time:</b> 4:00 PM	L
Feb 5, 2024	Mon	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 6, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 7, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 8, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 13, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 14, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 15, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 17, 2024	Sat	Regular Season (Section IV Classic)	@ TBD	6:00 PM		Cortland State	<b>Departure Point:</b> HS <b>Departure Time:</b> 4:00 PM	L
Feb 20, 2024	Tue	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 21, 2024	Wed	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 22, 2024	Thu	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 23, 2024	Fri	Practice	N/A	2:45 PM	4:45 PM	JC HS Weight Room, JC HS Track		
Feb 25, 2024	Sun	Post-Season (State Qualifier)	@ TBD	2:00 PM		Cornell University	<b>Departure Point:</b> HS <b>Departure Time:</b> 12:00 PM	L

Date: 2024-04-26