

Coaches:

- Dan Bertoni, Head Coach
- Mike Terboss, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Aug 13, 2018	Mon	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 14, 2018	Tue	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 14, 2018	Tue	Practice	N/A	9:00 AM	10:00 AM	UEHS Pool	
Aug 15, 2018	Wed	Practice	N/A	8:00 AM	PM	UEHS Mike Miller Track	
Aug 16, 2018	Thu	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 16, 2018	Thu	Practice	N/A	9:00 AM	10:00 AM	UEHS Pool	
Aug 17, 2018	Fri	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 18, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course	
Aug 20, 2018	Mon	Practice	N/A	8:00 AM	9:15 AM	UEHS Pool	
Aug 20, 2018	Mon	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 21, 2018	Tue	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 21, 2018	Tue	Practice	N/A	11:00 AM	11:45 AM	UEHS Pool	
Aug 22, 2018	Wed	Practice	N/A	8:00 AM	9:15 AM	UEHS Pool	
Aug 22, 2018	Wed	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 23, 2018	Thu	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 23, 2018	Thu	Practice	N/A	11:00 AM	11:45 AM	UEHS Pool	
Aug 24, 2018	Fri	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 24, 2018	Fri	Practice	N/A	8:00 AM	9:15 AM	UEHS Pool	
Aug 25, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course	
Aug 27, 2018	Mon	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	
Aug 28, 2018	Tue	Practice	N/A	8:00 AM	9:15 AM	UEHS Pool	
Aug 28, 2018	Tue	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 28, 2018	Tue	Practice (Practice)	N/A	9:30 AM	1:00 PM	Greenwood Park	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 9:00 AM Return Date: Return Time: 2:00 PM	
Aug 28, 2018	Tue	Practice	N/A	11:00 AM	11:45 AM	UEHS Pool			
Aug 29, 2018	Wed	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track			
Aug 30, 2018	Thu	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track			
Aug 30, 2018	Thu	Practice	N/A	8:00 AM	9:15 AM	UEHS Pool			
Aug 30, 2018	Thu	Practice	N/A	11:00 AM	11:45 AM	UEHS Pool			
Aug 31, 2018	Fri	Practice	N/A	8:00 AM	12:00 PM	UEHS Mike Miller Track			
Sep 1, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course			
Sep 4, 2018	Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 5, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 6, 2018	Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 7, 2018	Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 8, 2018	Sat	Meet (Oneonta Flash Forbes Invite)	Vs. Multiple	8:30 AM	12:30 PM	Fortin Park	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM Return Date: Return Time: 12:30 PM	NL
Sep 10, 2018	Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 11, 2018	Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 12, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			

WEEK	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sat	Meet (McDaniel/Baxter XCC Invite)	Vs. Multiple	8:45 AM	12:30 PM	TBD	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	NL
Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sat	Meet (Owego XCC Invite)	Vs. Multiple	9:00 AM	1:00 PM	TBD	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	NL
Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
	Thu Fri Sat Mon Tue Wed Thu Fri Sat Mon Tue Thu	Thu Practice Fri Practice Sat Meet (McDaniel/Baxter XCC Invite) Mon Practice Tue Practice Thu Practice Fri Practice Sat Meet (Owego XCC Invite) Mon Practice Tue Practice	Thu Practice N/A Fri Practice N/A Sat Meet (McDaniel/Baxter Vs. Multiple XCC Invite) Mon Practice N/A Tue Practice N/A Thu Practice N/A Thu Practice N/A Sat Meet (Owego XCC Invite) Mon Practice N/A Thu Practice N/A Thu Practice N/A Thu Practice N/A Mon Practice N/A Tue Practice N/A Tue Practice N/A Tue Practice N/A	DAYTIPEOPPONENTSTIMEThuPracticeN/A3:30 PMFriPracticeN/A3:30 PMSatMeet (McDaniel/Baxter Vs. Multiple XCC Invite)8:45 AMMonPracticeN/A3:30 PMTuePracticeN/A3:30 PMWedPracticeN/A3:30 PMThuPracticeN/A3:30 PMFriPracticeN/A3:30 PMSatMeet (Owego XCC Invite)Vs. Multiple9:00 AMMonPracticeN/A3:30 PMTuePracticeN/A3:30 PMWedPracticeN/A3:30 PMThuPracticeN/A3:30 PMThuPracticeN/A3:30 PMThuPracticeN/A3:30 PMThuPracticeN/A3:30 PMThuPracticeN/A3:30 PMThuPracticeN/A3:30 PM	DAY THPE OPPONENTS TIME TIME Thu Practice N/A 3:30 pm 5:45 pm Fri Practice N/A 3:30 pm 5:45 pm Mon Practice N/A 3:30 pm 5:45 pm Tue Practice N/A 3:30 pm 5:45 pm Wed Practice N/A 3:30 pm 5:45 pm Thu Practice N/A 3:30 pm 5:45 pm Fri Practice N/A 3:30 pm 5:45 pm Sat Meet (Owego N/A Vs. Multiple 9:00 pm 1:00 pm Mon Practice N/A 3:30 pm 5:45 pm Mon Practice N/A 3:30 pm 5:45 pm Wed Practice N/A 3:30 pm 5:45 pm Tue Practice N/A 3:30 pm 5:45 pm Wed Practice N/A 3:30 pm 5:45 pm Thu Practice N/A 3:30 pm	DAY THE OPPONENTS TIME TIME Cloarles F Johnson Elementary Gym Fri Practice N/A 3:30 5:45 Johnson Elementary Gym Fri Practice N/A 3:30 5:45 Johnson Elementary Gym Moet (McDaniel/Baxter Vs. Multiple XCC Invite) 8:45 Johnson Elementary Gym Mon Practice N/A 3:30 5:45 Johnson Elementary Gym Tue Practice N/A 3:30 5:45 Johnson Elementary Gym Wed Practice N/A 3:30 5:45 Johnson Elementary Gym Thu Practice N/A 3:30 5:45 Johnson Elementary Gym Fri Practice N/A 3:30 5:45 Johnson Elementary Gym Fri Practice N/A 3:30 5:45 Johnson Elementary Gym Sat Meet (Owego XCC Invite) Vs. Multiple 9:00 F.45 Johnson Elementary Gym Mon Practice N/A 3:30 5:45 Johnson Elementary Gym Tue Practice N/A 3:30 5:45 Johnson Elementary Gym Wed Practice N/A 3:30 5:45 Johnson Elementary Gym Wed Practice N/A	The Practice N/A 330 PM 545 Johnson Elementary Qym Fri Practice N/A 330 545 Johnson Elementary Qym Fri Practice N/A 330 545 Johnson Elementary Qym Bat Meet (McDaniel/Baxter Vs. Multiple MCCC Invite) 8:45 Johnson Elementary Qym TBD Bus/Driver: DB2 Mon Practice N/A 330 545 Johnson Elementary Qym Charles F Johnson Elementary Qym Tue Practice N/A 330 545 Johnson Elementary Qym PM PM PM Elementary Qym PM PM Elementary Qym Charles F Johnson Elementary Qym Thu Practice N/A 3:30 545 Johnson Elementary Qym Fri Practice N/A 3:30 545 Johnson PM Elementary Qym Fri Practice N/A 3:30 545 Johnson PM Elementary Qym Tue Practice N/A 3:30 545 Johnson PM Elementary Qym	Thu

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Oct 1, 2018	Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 2, 2018	Tue	Meet (STAC East Crossover)	Vs. Multiple	4:15 PM	6:15 PM	Norwich - Gibson Elementary School	Bus/Driver: DB2	Departure Point: JFS Bus Loop/UEHS Upper Parking Lot Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	NL
Oct 3, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 5, 2018	Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 6, 2018	Sat	Meet (Conwicke- Stock Invitational)	Vs. Multiple	9:00 AM	12:15 PM	Arnold Park	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 12:15 PM	NL
Oct 9, 2018	Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
POSTPONED Oct 9, 2018	Tue	Meet (STAC Metro Division Championship)	Vs. Multiple	4:15 PM	6:15 PM	Ann G McGuinness Elementary Cross Country Course	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot/JFS Bus Loop Departure Time: 2:45 PM Return Date: Return Time: 6:15 PM	NL
Oct 10, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 11, 2018	Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 12, 2018	Fri	Meet (Newark Valley Invite)	Vs. Multiple	4:00 PM	6:15 PM	Newark Valley High School	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot/JFS Bus Loop Departure Time: 2:00 PM Return Date: Return Time: 6:15 PM	NL
Oct 13, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Oct 15, 2018	Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym	
Oct 16, 2018	Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym	
Oct 18, 2018	Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym	
Oct 19, 2018	Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym	
Oct 20, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course	
Oct 22, 2018	Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym	
Oct 23, 2018	Tue	Post-Season (STAC Championship)	Binghamton, Chenango Forks, Chenango Valley, Corning- Painted Post, Elmira, Horseheads, Johnson City, Maine- Endwell, Norwich, Oneonta, Seton Catholic Central, Susquehanna Valley, Vestal, Windsor, Ithaca @ Owego Apalachin	3:30 PM		Pheasant Hill Country Club	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 23, 2018	Tue	Post-Season (STAC Championship)	Elmira, Oneonta, Seton Catholic Central, Corning- Painted Post, Windsor, Norwich, Ithaca, Binghamton, Susquehanna Valley, Chenango Valley, Maine- Endwell, Chenango Forks, Horseheads @ TBD	3:30 PM	5:30 PM	Pheasant Hill Country Club	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 1:45 PM Return Date: Return Time: 5:30 PM	L
Oct 24, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 25, 2018	Thu	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 26, 2018	Fri	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 27, 2018	Sat	Practice	N/A	8:30 AM	10:00 AM	Ann G McGuinness Elementary Cross Country Course			
Oct 29, 2018	Mon	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 30, 2018	Tue	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 30, 2018	Tue	Meet (CV State Park)	Vs. Multiple	4:00 PM	5:00 PM	Chenango Valley State Park	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 3:15 PM Return Date: Return Time: 5:00 PM	NL
Oct 31, 2018	Wed	Practice	N/A	3:30 PM	5:45 PM	Charles F Johnson Elementary Gym			

DATE	WEEK DAY TYPE	OPPONENTS TIM	ART END LOCATION	LEAG DEPARTURE TRANSPORTATION / NON- LEAG	-
Nov 1, 2018	Thu Meet (Section I Championships	V S) Vs. Multiple 9:00 AM	Valley State	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	

Date: 2025-12-24