

## Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 18, 2019	Sun	Practice (Camp Gorham)	N/A	11:00 AM	6:00 PM	TBD	<b>Bus/Driver:</b> UECSD	Departure Point: UEHS Upper Lot Departure Time: 11:05 AM Return Date: Return Time: 6:00 PM
Aug 19, 2019	Mon	Practice (Camp Gorham)	N/A	11:00 AM	6:00 PM	TBD	Bus/Driver: UECSD	Departure Point: UEHS Upper Lot Departure Time: 11:05 AM Return Date: Return Time: 6:00 PM
Aug 20, 2019	Tue	Practice (Camp Gorham)	N/A	11:00 AM	6:00 PM	TBD	Bus/Driver: UECSD	Departure Point: UEHS Upper Lot Departure Time: 11:05 AM Return Date: Return Time: 6:00 PM
Aug 21, 2019	Wed	Practice (Camp Gorham)	N/A	11:00 AM	6:00 PM	TBD	Bus/Driver: UECSD	Departure Point: UEHS Upper Lot Departure Time: 11:05 AM Return Date: Return Time: 6:00 PM
Aug 22, 2019	Thu	Practice	N/A	7:30 AM	9:30 AM	Charles F Johnson Elementary Gym		
Aug 22, 2019	Thu	Practice	N/A	5:30 PM	6:30 PM	UEHS Pool		
Aug 23, 2019	Fri	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym		
Aug 24, 2019	Sat	Practice	N/A	8:00 AM	10:30 AM	Charles F Johnson Elementary Gym		
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym		
Aug 26, 2019	Mon	Practice	N/A	5:30 PM	6:30 PM	UEHS Pool		
Aug 27, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Charles F Johnson Elementary Gym		
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym		
Aug 28, 2019	Wed	Practice	N/A	5:30 PM	6:30 PM	UEHS Pool		

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Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Charles F Johnson Elementary Gym			
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym			
Aug 30, 2019	Fri	Practice	N/A	5:30 PM	6:30 PM	UEHS Pool			
Sep 3, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	Charles F Johnson Elementary Gym			
Sep 4, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 5, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 6, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 7, 2019	Sat	Meet (Oneonta Invitational)	Vs. Multiple	8:30 AM	12:30 PM	Fortin Park	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:15 AM Return Date: Return Time: 12:30 PM	NL
Sep 9, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 10, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 11, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 12, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 13, 2019	Fri	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 14, 2019	Sat	Meet (Owego Invitational)	Vs. Multiple	9:00 AM	12:30 PM	Stadium	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	NL
Sep 16, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 17, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 18, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	: TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 19, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 20, 2019	Fri	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 21, 2019	Sat	Meet (Baldwinsville Invitational)	Vs. Multiple	9:00 AM	2:00 PM	Bville - Durgee Jr. High School	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 9:00 AM Return Date: Return Time: 3:15 PM	NL
Sep 23, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 24, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 25, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Sep 26, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Sep 27, 2019	Fri	Meet (Pete Matzke Invitational)	Vs. Multiple	4:00 PM	6:30 PM	Maine Memorial ES	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	NL
Sep 30, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 1, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 2, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 3, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	TBD			
Oct 4, 2019	Fri	Meet (Conwicke Stock Invitational - Senior Night)	Vs. Multiple	4:00 PM	7:00 PM	Ann G McGuinness Elementary Cross Country Course			NL
Oct 5, 2019	Sat	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym			
POSTPONED Oct 7, 2019	Mon	Meet (Metro Division Championship)	Vs. Multiple	4:30 PM	7:00 PM	Ann G McGuinness Elementary Cross Country Course	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 3:00 PM	NL

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Oct 8, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 9, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 10, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 11, 2019	Fri	Meet (Newark Valley Invitational)	Vs. Multiple	4:00 PM	5:30 PM	Newark Valley High School	<b>Bus/Driver:</b> DB1	Departure Point: JFS Bus Loop Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	NL
Oct 12, 2019	Sat	Practice	N/A	8:00 AM	9:30 AM	Charles F Johnson Elementary Gym			
Oct 15, 2019	Tue	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 16, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 17, 2019	Thu	Practice	N/A	3:45 PM	5:45 PM	Charles F Johnson Elementary Gym			
Oct 18, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 19, 2019	Sat	Practice	N/A	8:00 AM	9:30 AM	Ann G McGuinness Elementary Cross Country Course			
Oct 21, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 22, 2019	Tue	Meet (Whitney Point Invitational)	Vs. Multiple	4:00 PM	5:30 PM	Whitney Point High School	<b>Bus/Driver:</b> DB1	Departure Point: JFS Bus Loop Departure Time: 2:15 PM Return Date: Return Time: 5:30 PM	NL
Oct 23, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track			
Oct 24, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	Charles F Johnson Elementary Gym			
Oct 25, 2019	Fri	Practice	N/A	3:45 PM	5:30 PM	UEHS Mike Miller Track			
Oct 26, 2019	Sat	Meet (STAC Championship)	Vs. Multiple	10:00 AM	1:00 PM	Ann G McGuinness Elementary Cross Country Course			NL

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Oct 28, 2019	Mon	Practice	N/A	3:30 PM	5:45 PM	UEHS Mike Miller Track			
Oct 28, 2019	Mon	Practice	N/A	5:15 PM	5:45 PM	UEHS Large Lecture Hall / Room 223			
Oct 29, 2019	Tue	Meet (Divisional Crossover (Bing, SV, Oneonta, Owego))	Vs. Multiple	4:30 PM	7:00 PM	TBD	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	NL
Oct 30, 2019	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track			
Oct 30, 2019	Wed	Meet (Practice at Apple Hills)	Vs. Multiple	3:45 PM	5:30 PM	Apple Hills	<b>Bus/Driver:</b> DB1	Departure Point: JFS Bus Loop/UEHS Upper Parking Lot Departure Time: 3:00 PM Return Date: Return Time: 5:30 PM	NL
Oct 31, 2019	Thu	Practice	N/A	3:45 PM	5:15 PM	Charles F Johnson Elementary Gym			
Nov 1, 2019	Fri	Practice	N/A	3:45 PM	5:00 PM	UEHS Mike Miller Track			
Nov 4, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Charles F Johnson Elementary Gym			
Nov 5, 2019	Tue	Meet (Preview of Sectional Course)	Vs. Multiple	2:15 PM	3:45 PM	Chenango Valley State Park	<b>Bus/Driver:</b> DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 1:45 PM Return Date: Return Time: 3:45 PM	NL
Nov 6, 2019	Wed	Practice	N/A	3:30 PM	5:00 PM	Charles F Johnson Elementary Gym			
Nov 7, 2019	Thu	Meet (Sectionals)	Vs. Multiple	9:00 AM	4:00 PM	Chenango Valley State Park	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	NL

Date: 2025-12-25