



# Johnson City

## (B) V Winter Track

### Coaches:

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

| DATE         | WEEK DAY | TYPE                                 | OPONENTS | START TIME | END TIME | LOCATION          | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|----------|------------|----------|-------------------|--------------------------------|---------------------|
| Nov 5, 2018  | Mon      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 6, 2018  | Tue      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 8, 2018  | Thu      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 9, 2018  | Fri      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 13, 2018 | Tue      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 15, 2018 | Thu      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 16, 2018 | Fri      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 19, 2018 | Mon      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 20, 2018 | Tue      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 26, 2018 | Mon      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 27, 2018 | Tue      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 29, 2018 | Thu      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Nov 30, 2018 | Fri      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Dec 1, 2018  | Sat      | Regular Season (607 Invitational)    | @ TBD    | 5:00 PM    |          | Cortland State    | <b>Departure Time:</b> 3:15 PM | L                   |
| Dec 8, 2018  | Sat      | Regular Season (Bomber Invitational) | @ TBD    | 9:00 AM    |          | Ithaca College    | <b>Departure Time:</b> 7:00 AM | L                   |
| Dec 15, 2018 | Sat      | Regular Season (Finger Lakes Invite) | @ TBD    | 9:00 AM    |          | Cortland State    | <b>Departure Time:</b> 7:15 AM | L                   |
| Dec 21, 2018 | Fri      | Regular Season (Section IV Classic)  | @ TBD    | 5:00 PM    | 8:00 PM  | Cortland State    | <b>Departure Time:</b> 7:15 AM | L                   |
| Jan 4, 2019  | Fri      | Regular Season (Quinney Invite)      | @ TBD    | 5:00 PM    |          | Cortland State    | <b>Departure Time:</b> 3:00 PM | L                   |
| Jan 7, 2019  | Mon      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |
| Jan 8, 2019  | Tue      | Practice                             | N/A      | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                |                     |

| DATE                   | WEEK DAY | TYPE                                   | OPPONENTS | START TIME | END TIME | LOCATION          | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|-----------|------------|----------|-------------------|-----------------------------------|---------------------|
| Jan 10, 2019           | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 11, 2019           | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 14, 2019           | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 15, 2019           | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 17, 2019           | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 18, 2019           | Fri      | Regular Season (Hurley Invitational)   | @ TBD     | 5:00 PM    |          | Ithaca College    | <b>Departure Time:</b><br>3:00 PM | L                   |
| Jan 22, 2019           | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| POSTPONED Jan 24, 2019 | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 25, 2019           | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Jan 28, 2019           | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| POSTPONED Jan 29, 2019 | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| POSTPONED Jan 31, 2019 | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 1, 2019            | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 4, 2019            | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 5, 2019            | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 7, 2019            | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 8, 2019            | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 11, 2019           | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| POSTPONED Feb 12, 2019 | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 14, 2019           | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room |                                   |                     |
| Feb 15, 2019           | Fri      | Regular Season (Class Meet/Sectionals) | @ TBD     | 5:00 PM    |          | Ithaca College    | <b>Departure Time:</b><br>3:00 PM | L                   |

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|--------------|----------|----------------------------------|-----------|------------|----------|--------------------|--------------------------------|---------------------|
| Feb 19, 2019 | Tue      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Feb 21, 2019 | Thu      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Feb 22, 2019 | Fri      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Feb 23, 2019 | Sat      | Regular Season (State Qualifier) | @ TBD     | 9:00 AM    |          | Cornell University | <b>Departure Time:</b> 7:00 AM | L                   |
| Feb 25, 2019 | Mon      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Feb 26, 2019 | Tue      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Feb 28, 2019 | Thu      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Mar 1, 2019  | Fri      | Practice                         | N/A       | 3:00 PM    | 5:00 PM  | JC HS Weight Room  |                                |                     |
| Mar 2, 2019  | Sat      | Regular Season (NYS Track Meet)  | @ TBD     | TBD        |          | Staten Island, NY  | <b>Departure Time:</b> 3:00 PM | L                   |

Date: 2024-07-16