



Johnson City

(B) V Cross Country

Coaches:

- Eric Adolf, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Preseason Camp)	N/A	TBD		TBD		
Aug 27, 2024	Tue	Practice (Preseason Camp)	N/A	TBD		TBD		
Aug 28, 2024	Wed	Practice (Preseason Camp)	N/A	TBD		TBD		
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	JC HS Track		
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 7, 2024	Sat	Regular Season (Dave "Flash" Forbes Invitational)	@ TBD	TBD		Fortin Park, Oneonta	Departure Point: HS Departure Time: 8:00 AM	L
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 13, 2024	Fri	Regular Season (Owego Invitational)	@ TBD	6:30 PM	8:00 PM	Owego Free Academy	Departure Point: HS Departure Date: Sep 13, 2024 Departure Time: 5:00 PM Return Date: Sep 13, 2024 Return Time: 8:00 PM	L
Sep 14, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Track		
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 21, 2024	Sat	Regular Season (Conwicke Stock Invitational)	@ TBD	10:00 AM		Ann G McGuinness Elementary Cross Country Course	Departure Point: HS Departure Time: 8:30 AM	L
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park - Rochester	Departure Point: HS Departure Date: Sep 27, 2024 Departure Time: 10:00 AM	L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 5, 2024	Sat	Regular Season (McDaniel-Baxter Invitational)	@ TBD	9:00 AM		CV - HS Warrior Stadium	Departure Point: HS Departure Time: 7:30 AM	L
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 8, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 14, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	8:45 AM		Appleby Elementary School	Departure Point: HS Departure Time: 7:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Ithaca, Binghamton, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	9:00 AM		TBD		NL
Oct 26, 2024	Sat	Post-Season (STAC Championship)	TBD	11:40 AM		Fortin Park, Oneonta	Departure Point: HS Departure Time: 10:00 AM	L
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 29, 2024	Tue	Regular Season (Owego Cross Country Night Invitational)	@ TBD	6:00 PM		Owego Free Academy	Departure Point: HS Departure Time: 4:30 PM	L
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track		
Nov 7, 2024	Thu	Post-Season (Section IV Championship)	@ TBD	TBD		Chenango Valley State Park	Departure Point: HS	L

Date: 2024-09-18