

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 Frii Practice N/A 3:30 5:45 Johnson Elementary Gym Moet (Owego XCC Invite) Vs. Multiple 9:00 7.00 F.00 F.00 F.00 F.00 F.00 F.00 F.	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 Moor 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 PM PM Elementary Qym PM PM Elementary Qym PM Elementary Qym PM PM Elementary Qym PM Elementary Qym PM PM Elementary Qym PM Elementary Qym PM PM PM Elementary Qym	Thu

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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	OPPONENTS TIME	RT END E TIME LOCATION	DEPARTURE TRANSPORTATION	LEAGUE N / NON- LEAGUE
Nov 1, 2018	Thu Meet (Section Champions)	on IV nips) Vs. Multiple AM	4:00 Chenango Valley State PM Park	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	NL)

Date: 2024-10-02