



Elmira (B) V Winter Track

Coaches:

- David Perkins, Head Coach
- Amy Balash, Head Coach
- Corrine Taylor, Asst Coach
- Jalasia Demember
- Benjamin Cardamone

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|-----------------------------------|----------------|---------------------|
| Nov 19, 2019 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Nov 21, 2019 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Nov 26, 2019 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Nov 30, 2019 | Sat | Regular Season (607 Invite) | TBD | 5:00 PM | | SUNY Cortland | | L |
| Dec 3, 2019 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 5, 2019 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 5, 2019 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Dec 10, 2019 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 12, 2019 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 12, 2019 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Dec 14, 2019 | Sat | Regular Season (Ithaca Bomber) | TBD | 8:00 AM | | Ithaca College | | L |
| Dec 17, 2019 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 19, 2019 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Dec 19, 2019 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Dec 21, 2019 | Sat | Regular Season (Quinney Invite) | TBD | 8:00 AM | | SUNY Cortland | | L |
| Dec 28, 2019 | Sat | Regular Season (Winter Classic) | TBD | 8:00 AM | | SUNY Cortland | | L |
| Jan 2, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 4, 2020 | Sat | Regular Season (Section IV Classic) | TBD | 12:00 PM | | Cornell University | | L |
| Jan 7, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 9, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |

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| Jan 9, 2020 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| CANCELLED Jan 10, 2020 | Fri | Regular Season (Section IV Class Meet) | TBD | 4:00 PM | | Ithaca College | | L |
| Jan 11, 2020 | Sat | Regular Season (The Jack Reed Upstate Showcase) | TBD | 8:30 AM | | Nazareth College | | L |
| Jan 14, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 16, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 16, 2020 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Jan 17, 2020 | Fri | Regular Season (Class Championships) | @ TBD | 4:00 PM | | Ithaca College | | L |
| CANCELLED Jan 18, 2020 | Sat | Regular Season | TBD | 1:00 PM | | Cornell University | | L |
| Jan 21, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 23, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 23, 2020 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Jan 25, 2020 | Sat | Regular Season (Hurley Meet-Large School) | @ TBD | 5:00 PM | | SUNY Cortland | | L |
| Jan 28, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 30, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Jan 30, 2020 | Thu | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Feb 1, 2020 | Sat | Regular Season (Open Meet) | @ TBD | 5:00 PM | | SUNY Cortland | | L |
| Feb 4, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Feb 6, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Feb 7, 2020 | Fri | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Feb 11, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Feb 13, 2020 | Thu | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |
| Feb 14, 2020 | Fri | Practice (High Jump/Long Jump Practice) | N/A | 5:15 PM | 6:30 PM | EDA Gym | | |
| Feb 15, 2020 | Sat | Regular Season (Sect IV Championships) | TBD | 12:00 PM | | Cornell University | | L |
| Feb 18, 2020 | Tue | Practice (Indoor Track-Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn-Gym (without hoops) | | |

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|--------------|-------------|--|-----------|---------------|-------------|--|----------------|----------------------------|
| Feb 20, 2020 | Thu | Practice (Indoor Track- Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn- Gym (without hoops) | | |
| Feb 25, 2020 | Tue | Practice (Indoor Track- Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn- Gym (without hoops) | | |
| Feb 27, 2020 | Thu | Practice (Indoor Track- Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn- Gym (without hoops) | | |
| Mar 3, 2020 | Tue | Practice (Indoor Track- Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn- Gym (without hoops) | | |
| Mar 5, 2020 | Thu | Practice (Indoor Track- Throwing Practice) | N/A | 3:45 PM | 5:15 PM | Parley Coburn- Gym (without hoops) | | |
| Mar 7, 2020 | Sat | Regular Season (State Finals) | TBD | TBD | | Ocean Breeze Athletic Complex | | L |

Date: 2026-02-03