



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 13, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 14, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 14, 2023	Tue	Practice (JUMP PRACTICE)	N/A	TBD		EDA Aux. Gym		
Nov 15, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 16, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 16, 2023	Thu	Practice (JUMP PRACTICE)	N/A	TBD		EDA Aux. Gym		
Nov 17, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 20, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 20, 2023	Mon	Practice (PARENT MEETING)	N/A	5:30 PM		EHS Cafeteria		
Nov 21, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 22, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 24, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 27, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 28, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 28, 2023	Tue	Practice (JUMP PRACTICE)	N/A	TBD		TBD		
Nov 29, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 29, 2023	Wed	Practice (JUMP PRACTICE)	N/A	TBD		TBD		
Nov 30, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 1, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 3, 2023	Sun	Regular Season (Bomber H.S. Invitational)	@ Ithaca	9:30 AM		Ithaca College		L
Dec 4, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 5, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 6, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 7, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 8, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 8, 2023	Fri	Regular Season (Finger Lakes Invite - Weight Throw)	@ TBD	5:00 PM		TBD		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invite)	@ TBD	9:00 AM		TBD		L
Dec 11, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 12, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 13, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 14, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 15, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 15, 2023	Fri	Regular Season (Winter Classic Weight Throw - Throwers Only)	@ TBD	5:00 PM		SUNY Cortland		L
Dec 16, 2023	Sat	Regular Season (Winter Classic Invite)	@ TBD	2:00 PM		SUNY Cortland		L
Dec 18, 2023	Mon	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 19, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 20, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 21, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 22, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 22, 2023	Fri	Regular Season (Westhill Indoor Track & Field Invitational @ SRC Arena, Onondaga Community College)	@ TBD	4:00 PM		TBD		L
Dec 26, 2023	Tue	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 27, 2023	Wed	Regular Season (Marathon Showman Showdown @ SUNY Cortland)	@ TBD	9:30 AM		SUNY Cortland		L
Dec 27, 2023	Wed	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 28, 2023	Thu	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Dec 29, 2023	Fri	Practice (INDOOR TRACK PRACTICE)	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Jan 5, 2024	Fri	Regular Season (Hurley Invitational)	@ TBD	5:00 PM		Ithaca College		L
Jan 13, 2024	Sat	Regular Season (Quinney STAC Invitational)	@ TBD	6:00 PM		SUNY Cortland		L
Jan 13, 2024	Sat	Regular Season (Jack Reed Showcase - Select Kids Only)	@ TBD	TBD		Nazareth College		L
Feb 3, 2024	Sat	Regular Season (Section IV Class A/B Championships)	@ TBD	6:00 PM		SUNY Cortland		L
Feb 17, 2024	Sat	Regular Season (Section IV Classic)	@ TBD	6:00 PM		SUNY Cortland		L
Feb 25, 2024	Sun	Regular Season (Section IV Championship)	@ TBD	TBD		Cornell University		L

Date: 2025-12-18