



Elmira

(G) 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 / 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	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	N/A	3:45 PM	5:15 PM	Parley Coburn-Gym (without hoops)		
Mar 3, 2020	Tue	Practice	N/A	3:45 PM	5:15 PM	Parley Coburn-Gym (without hoops)		
Mar 5, 2020	Thu	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: 2026-01-31