



# 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	LEAGUE / NON-LEAGUE
Dec 9, 2022	Fri	Regular Season (Hurley Weight Throw)	@ TBD	6:00 PM		Cortland		L
Dec 10, 2022	Sat	Regular Season (Hurley Invite - 9AM, 1PM, 5PM)	@ TBD	9:00 AM		Cortland		L
Dec 12, 2022	Mon	Practice	N/A	4:00 PM	5:30 PM	EHS MAIN LOBBY		
Dec 13, 2022	Tue	Practice (Distance Runners Practice)	N/A	4:00 PM	5:30 PM	EDA Hallway		
Dec 13, 2022	Tue	Practice (Sprinters Practice)	N/A	4:00 PM	5:30 PM	EHS MAIN LOBBY		
Dec 13, 2022	Tue	Practice (Jumpers and Throwers Practice)	N/A	5:00 PM		EDA Hallway		
Dec 14, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	EHS MAIN LOBBY		
Dec 15, 2022	Thu	Practice (Sprinters Practice)	N/A	4:00 PM	5:30 PM	EHS MAIN LOBBY		
Dec 15, 2022	Thu	Practice (Distance Runners Practice)	N/A	4:00 PM		EDA Hallway		
Dec 15, 2022	Thu	Practice (Jumpers and Throwers Practice)	N/A	5:00 PM		EDA Hallway		
Dec 16, 2022	Fri	Practice	N/A	4:00 PM	5:30 PM	EHS MAIN LOBBY		
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite - 9AM, 1PM, 5PM)	@ TBD	2:00 PM		Cortland		L
Dec 20, 2022	Tue	Practice	N/A	4:00 PM		EHS MAIN LOBBY		
Dec 21, 2022	Wed	Practice	N/A	4:00 PM		EHS MAIN LOBBY		
CANCELLED Dec 22, 2022	Thu	Regular Season	@ TBD	5:00 PM		Cortland		L
Dec 23, 2022	Fri	Practice (Distance Runners Practice)	N/A	10:00 AM		EDA Hallway		
Dec 23, 2022	Fri	Practice (Sprinters/Jumpers/Throwers Practice)	N/A	10:00 AM		EHS MAIN LOBBY		
Dec 26, 2022	Mon	Practice	N/A	TBD		EHS MAIN LOBBY		
Dec 28, 2022	Wed	Regular Season (@ Onondaga Community College)	@ TBD	10:00 AM		TBD		NL
Dec 30, 2022	Fri	Practice	N/A	10:00 AM		EHS MAIN LOBBY		
Jan 1, 2023	Sun	Practice (Monday 1/1 -No Practice)	N/A	TBD		TBD		
Jan 2, 2023	Mon	Practice	N/A	4:00 PM		EHS MAIN LOBBY		
Jan 7, 2023	Sat	Regular Season (607 Invite - 1PM, 5PM)	@ TBD	5:00 PM		Cortland		L
Jan 14, 2023	Sat	Regular Season (Jack Reed Showcase)	@ TBD	10:00 AM		Nazareth College		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 14, 2023	Sat	Regular Season (Winterfest Invite -9AM, 1PM, 5PM)	@ TBD	2:00 PM		Cortland		L
Jan 20, 2023	Fri	Regular Season (Quinney Invite )	@ TBD	5:00 PM		Ithaca College		L
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	9:00 AM		Cornell University		L
Feb 10, 2023	Fri	Regular Season (Section IV Championship)	@ TBD	5:00 PM		Ithaca College		L
Feb 25, 2023	Sat	Regular Season (Section IV State Quals)	@ TBD	TBD		Cornell University		L
Mar 4, 2023	Sat	Regular Season (New York State Meet)	@ TBD	TBD		Ocean Breeze Athletic Complex		L

Date: 2025-12-12