



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
Nov 13, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 14, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 15, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 16, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 17, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 20, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 20, 2023	Mon	Practice (PARENT MEETING)	N/A	TBD		EHS Cafeteria		
Nov 20, 2023	Mon	Practice (THANKSGIVIBG WEEK PRACTICE)	N/A	TBD		EHS Gym Lobby		
Nov 21, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 21, 2023	Tue	Practice (THANKSGIVIBG WEEK PRACTICE)	N/A	TBD		EHS Gym Lobby		
Nov 22, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 22, 2023	Wed	Practice (THANKSGIVIBG WEEK PRACTICE)	N/A	TBD		EHS Gym Lobby		
Nov 24, 2023	Fri	Practice (THANKSGIVIBG WEEK PRACTICE)	N/A	10:00 AM	12:00 PM	TBD		
Nov 24, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 25, 2023	Sat	Practice (THANKSGIVIBG WEEK PRACTICE)	N/A	10:00 AM	12:00 PM	TBD		
Nov 27, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 28, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 29, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Nov 29, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		
Nov 29, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Nov 30, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 1, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 3, 2023	Sun	Regular Season (Ithaca College Bomber HS Invitational)	@ Ithaca	9:30 PM		Ithaca College		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 4, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 5, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 6, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 6, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Dec 6, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		
Dec 7, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 8, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 8, 2023	Fri	Regular Season (Finger Lakes Invite - Weight Throw)	@ TBD	5:00 PM		SUNY Cortland		L
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invite)	@ TBD	9:00 AM		SUNY Cortland		L
Dec 11, 2023	Mon	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 12, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 13, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 13, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		
Dec 13, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Dec 14, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 15, 2023	Fri	Practice	N/A	4:00 PM	5:30 PM	TBD		
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	N/A	4:00 PM	5:30 PM	TBD		
Dec 19, 2023	Tue	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 20, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 20, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Dec 21, 2023	Thu	Practice	N/A	4:00 PM	5:30 PM	TBD		
Dec 22, 2023	Fri	Practice (Westhill Invitational @OCC Bus Leaves at 12:30)	N/A	10:00 AM	3:00 PM	TBD		
Dec 22, 2023	Fri	Regular Season (Westhill Indoor Track & Field Invitational @ SRC Arena)	@ TBD	4:00 PM		TBD		L
Dec 23, 2023	Sat	Practice (Sprinters/Jumpers/Throwers 12:00pm @ EHS&Distance 12:00 @ EDA)	N/A	12:00 PM	1:30 PM	TBD		
Dec 26, 2023	Tue	Practice (Tuesday 12/26 @ EHS) All: 10am @EHS)	N/A	10:00 AM	11:30 AM	TBD		
Dec 27, 2023	Wed	Practice (Wednesday 12/27 Meet @ Cortland Bus leaves at 730. Meet Starts at 9:30)	N/A	9:30 AM	1:30 PM	TBD		
Dec 27, 2023	Wed	Regular Season (Marathon Showman Showdown @ SUNY Cortland)	@ TBD	9:30 AM		SUNY Cortland		L
Dec 27, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		
Dec 27, 2023	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Dec 28, 2023	Thu	Practice (Thursday 12/28 jumps/throws-10am@ EHS Distance- 10:00 am EDA Sprints-10:00am EHS)	N/A	TBD	11:30 AM	TBD		
Dec 28, 2023	Thu	Practice (Thursday 12/28 jumps/throws-10am@ EHS Distance- 10:00 am EDA Sprints-10:00am EHS)	N/A	TBD	11:30 AM	TBD		
Dec 29, 2023	Fri	Practice (Friday 12/29 jumps/throws-10:00am EHS Distance- 9:00am EDA Sprints-10:00 am EHS)	N/A	10:00 AM	11:30 AM	TBD		
Dec 30, 2023	Sat	Practice (Saturday 12/30- Practice TBD)	N/A	TBD		TBD		
Jan 3, 2024	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym, Broadway Academy Field		
Jan 3, 2024	Wed	Practice (throwing practice@parley COBURN)	N/A	TBD		Parley Coburn- New Gym		
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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
TBD		Practice	N/A	TBD		EHS Gym Lobby		

Date: 2025-12-08