



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 18, 2024	Mon	Practice	N/A	4:00 PM		EHS Gym Lobby		
Nov 19, 2024	Tue	Practice	N/A	4:00 PM		EHS Gym Lobby		
Nov 20, 2024	Wed	Practice	N/A	4:00 PM		EHS Gym Lobby		
Nov 21, 2024	Thu	Practice	N/A	4:00 PM		EHS Gym Lobby		
Nov 22, 2024	Fri	Practice	N/A	4:00 PM		EHS Gym Lobby		
Nov 25, 2024	Mon	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 26, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Nov 27, 2024	Wed	Practice	N/A	10:00 AM		EDA Gym		
Nov 29, 2024	Fri	Practice	N/A	10:00 AM		EHS Gym Lobby		
Dec 2, 2024	Mon	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 3, 2024	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 4, 2024	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 6, 2024	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 7, 2024	Sat	Practice	N/A	9:00 AM		EHS Gym Lobby		
Dec 8, 2024	Sun	Regular Season (Bomber Invite @ Ithaca College)	@ TBD	12:00 AM		Ithaca College		L
Dec 10, 2024	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 11, 2024	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 12, 2024	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 13, 2024	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 14, 2024	Sat	Regular Season (607 Invitational)	@ TBD	9:00 AM		SUNY Cortland		L
Dec 16, 2024	Mon	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 17, 2024	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 18, 2024	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 19, 2024	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Dec 20, 2024	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 21, 2024	Sat	Regular Season (Section IV Classic)	@ TBD	9:00 AM		SUNY Cortland		L
Dec 27, 2024	Fri	Regular Season (Snowman Showdown Invitational)	@ TBD	8:00 AM		SUNY Cortland		L
Jan 3, 2025	Fri	Regular Season (Hurley Invitational)	@ TBD	4:00 PM		Ithaca College		L
Jan 6, 2025	Mon	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 7, 2025	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 8, 2025	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 9, 2025	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 10, 2025	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 10, 2025	Fri	Regular Season (Winter Classic Invite)	@ TBD	7:00 PM		SUNY Cortland		L
Jan 13, 2025	Mon	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 14, 2025	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 15, 2025	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 16, 2025	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 17, 2025	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 17, 2025	Fri	Regular Season (Quinney STAC Invitational)	@ TBD	4:00 PM		Ithaca College		L
Jan 21, 2025	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 22, 2025	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 23, 2025	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 24, 2025	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 27, 2025	Mon	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 28, 2025	Tue	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 29, 2025	Wed	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 30, 2025	Thu	Practice	N/A	3:45 PM		EHS Gym Lobby		
Jan 31, 2025	Fri	Practice	N/A	3:45 PM		EHS Gym Lobby		
Feb 1, 2025	Sat	Regular Season	@ TBD	5:00 PM		SUNY Cortland		L
Feb 8, 2025	Sat	Regular Season (Class Meet)	@ TBD	12:00 AM		Cornell University		L
Feb 15, 2025	Sat	Regular Season (Finger Lakes Invite)	@ TBD	8:30 AM		SUNY Cortland		L
Feb 23, 2025	Sun	Regular Season (Section IV Championships)	@ TBD	2:00 PM		Cornell University		L

Date: 2025-12-07