



# Elmira

## (G) V Cross Country

### Coaches:

- Amy Balash, Head Coach
- Corrine Taylor

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	9:00 AM		EDA Hallway		
Aug 22, 2023	Tue	Practice	N/A	9:00 AM		EDA Hallway		
Aug 23, 2023	Wed	Practice	N/A	9:00 AM		EDA Hallway		
Aug 24, 2023	Thu	Practice	N/A	9:00 AM		EDA Hallway		
Aug 25, 2023	Fri	Practice	N/A	9:00 AM		EDA Hallway		
Aug 28, 2023	Mon	Practice	N/A	9:00 AM		EDA Hallway		
Aug 29, 2023	Tue	Practice	N/A	9:00 AM		EDA Hallway		
Aug 30, 2023	Wed	Practice	N/A	9:00 AM		EDA Hallway		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM		EDA Hallway		
Sep 1, 2023	Fri	Practice	N/A	9:00 AM		EDA Hallway		
Sep 2, 2023	Sat	Practice	N/A	9:00 AM		EDA Hallway		
Sep 4, 2023	Mon	Practice	N/A	9:00 AM		EDA Hallway		
Sep 4, 2023	Mon	Practice	N/A	3:45 PM		EDA Hallway		
Sep 5, 2023	Tue	Practice	N/A	3:45 PM		EDA Hallway		
Sep 6, 2023	Wed	Practice	N/A	3:45 PM		EDA Hallway		
Sep 7, 2023	Thu	Practice	N/A	3:45 PM		EDA Hallway		
Sep 8, 2023	Fri	Practice	N/A	3:45 PM		EDA Hallway		
Sep 9, 2023	Sat	Regular Season (Dave "Flash" Forbes Invite @ Fortin Park)	@ TBD	12:00 AM		Oneonta		L
Sep 9, 2023	Sat	Regular Season (Crusader Clash)	Waverly, Bath, Watkins Glen, Corning-Painted Post, Elmira Heights @ Notre Dame, Elmira	8:30 AM		Murray Athletic Center "The Domes"		L
Sep 11, 2023	Mon	Practice	N/A	3:45 PM		EDA Hallway		
Sep 12, 2023	Tue	Practice	N/A	3:45 PM		EDA Hallway		
Sep 13, 2023	Wed	Practice	N/A	3:45 PM		EDA Hallway		
Sep 14, 2023	Thu	Practice	N/A	3:45 PM		EDA Hallway		
Sep 15, 2023	Fri	Practice	N/A	3:45 PM		EDA Hallway		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2023	Sat	Regular Season (McDaniel/Baxter Invite)	@ Chenango Valley	7:00 AM	1:00 PM	CV - HS Warrior Stadium		L
Sep 18, 2023	Mon	Practice	N/A	3:45 PM		EDA Hallway		
Sep 19, 2023	Tue	Practice	N/A	3:45 PM		EDA Hallway		
Sep 20, 2023	Wed	Practice	N/A	3:45 PM		EDA Hallway		
Sep 21, 2023	Thu	Practice	N/A	3:45 PM		EDA Hallway		
Sep 22, 2023	Fri	Practice	N/A	3:45 PM		EDA Hallway		
Sep 23, 2023	Sat	Regular Season (Owego Invite)	@ Owego Apalachin	12:00 AM		Owego Free Academy		L
Sep 25, 2023	Mon	Practice	N/A	3:45 PM		EDA Hallway		
Sep 26, 2023	Tue	Regular Season (XC Meet @ The Domes)	Elmira Heights @ Notre Dame, Elmira	4:30 PM		Murray Athletic Center		L
Sep 27, 2023	Wed	Practice	N/A	3:45 PM		EDA Hallway		
Sep 28, 2023	Thu	Practice	N/A	3:45 PM		EDA Hallway		
Sep 29, 2023	Fri	Practice	N/A	3:45 PM		EDA Hallway		
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational - Genessee Valley State Park)	@ TBD	12:00 AM		Genessee Valley Park		L
Oct 6, 2023	Fri	Regular Season (Bob Greene Invitational @ Newark Valley)	@ TBD	TBD		Newark Valley High School		L
Oct 10, 2023	Tue	Regular Season (Quad Meet)	@ Horseheads	TBD		Park Station		L
Oct 14, 2023	Sat	Regular Season (Marathon Invite @ Appleby ES)	@ Marathon	12:00 AM		Appleby E S		L
Oct 21, 2023	Sat	Regular Season (STAC Varsity, JV & Modified Championships )	@ TBD	12:00 AM		Ann McGuinness Intermediate School		L
Nov 2, 2023	Thu	Regular Season (State Quals - @ CV State Park)	@ TBD	12:00 AM		Chenango Valley State Park		L
Nov 11, 2023	Sat	Regular Season (State Championship @ Vernon-Verona-Sherill HS)	@ TBD	12:00 AM		TBD		L
Nov 18, 2023	Sat	Post-Season (Federation Championship @ Bowdoin Park, Wappingers Falls)	@ TBD	12:00 AM		Bowdoin Park, Wappinger's falls		L
TBD		Regular Season (STAC Last Chance Meet)	@ Oneonta	12:00 AM		Fortin Park		L

Date: 2024-05-17