



# Elmira

## (B) 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 22, 2022	Mon	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Aug 23, 2022	Tue	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Aug 24, 2022	Wed	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Sep 3, 2022	Sat	Regular Season (Corning XC Relays @ Watson Homestead, Painted Post)	@ Corning-Painted Post	9:50 AM		Watson Homestead, Painted Post, NY		L
Sep 10, 2022	Sat	Regular Season (VVS Invitational @ VVS Pre-State Meet - Varsity Only)	@ TBD	TBD		TBD		L
Sep 14, 2022	Wed	Practice	N/A	4:00 PM		EDA Hallway		
Sep 15, 2022	Thu	Practice	N/A	4:00 PM		EDA Hallway		
Sep 16, 2022	Fri	Practice	N/A	4:00 PM		EDA Hallway		
Sep 17, 2022	Sat	Practice	N/A	10:00 AM		EDA Hallway		
Sep 19, 2022	Mon	Practice	N/A	4:00 PM		EDA Hallway		
Sep 20, 2022	Tue	Regular Season (West Division Championships - Park Station, Erin NY)	Corning-Painted Post @ Horseheads	5:00 PM		Park Station		L
Sep 21, 2022	Wed	Practice	N/A	4:00 PM		EDA Hallway		
Sep 22, 2022	Thu	Practice	N/A	4:00 PM		EDA Hallway		
Sep 23, 2022	Fri	Practice	N/A	4:00 PM		EDA Hallway		
Sep 24, 2022	Sat	Regular Season (Owego Invite)	@ Owego Apalachin	TBD		Owego Free Academy		L
Sep 27, 2022	Tue	Regular Season (Murray Athletic Center Meet with/ND & Elmira Heights)	@ TBD	TBD		TBD		NL
Sep 28, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Sep 29, 2022	Thu	Practice	N/A	TBD		EDA Hallway		
Sep 30, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park		L
Oct 3, 2022	Mon	Practice	N/A	4:00 PM		EDA Hallway		
Oct 4, 2022	Tue	Practice	N/A	TBD		EDA Hallway		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Oct 7, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Oct 8, 2022	Sat	Practice	N/A	10:00 AM		EDA Hallway		
Oct 10, 2022	Mon	Practice	N/A	TBD		EDA Hallway		
Oct 11, 2022	Tue	Practice	N/A	TBD		EDA Hallway		
Oct 12, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Oct 13, 2022	Thu	Practice	N/A	TBD		EDA Hallway		
Oct 14, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Oct 15, 2022	Sat	Regular Season (Marathon Invite @ Appleby)	@ Marathon	TBD		Appleby E S		L
Oct 17, 2022	Mon	Practice	N/A	TBD		EDA Hallway		
Oct 18, 2022	Tue	Practice	N/A	TBD		EDA Hallway		
Oct 19, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Oct 20, 2022	Thu	Practice	N/A	TBD		EDA Hallway		
Oct 21, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Oct 22, 2022	Sat	Regular Season (STAC )	Corning-Painted Post, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM		Owego Free Academy		L
Oct 24, 2022	Mon	Practice	N/A	TBD		EDA Hallway		
Oct 25, 2022	Tue	Practice	N/A	TBD		EDA Hallway		
Oct 26, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Oct 27, 2022	Thu	Practice	N/A	TBD		EDA Hallway		
Oct 28, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Oct 29, 2022	Sat	Practice	N/A	10:00 AM		EDA Hallway		
Oct 31, 2022	Mon	Practice	N/A	TBD		EDA Hallway		
Nov 1, 2022	Tue	Practice	N/A	TBD		EDA Hallway		
Nov 2, 2022	Wed	Practice	N/A	TBD		EDA Hallway		
Nov 3, 2022	Thu	Regular Season (State Quals - Varsity Only @ CV State Park)	@ Chenango Valley	TBD		TBD		L
Nov 4, 2022	Fri	Practice	N/A	TBD		EDA Hallway		
Nov 12, 2022	Sat	Post-Season (State Championship @ Vernon-Verona-Sherill HS)	@ Vernon-Verona-Sherill	TBD		VVS MS Gym		L
Nov 19, 2022	Sat	Regular Season (Federation Championship @ Bowdoin Park, Wappingers Falls)	@ TBD	TBD		Bowdoin Park, Wappingers falls		L
Nov 19, 2022	Sat	Regular Season (Corning XC Relays @ Watson Homestead, Painted Post)	@ Corning-Painted Post	TBD		TBD		L

Date: 2024-05-03