



Elmira

(B) 7/8TH Cross Country

Coaches:

- Allyson Moore, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Aug 30, 2022	Tue	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Aug 31, 2022	Wed	Practice (Tryouts/Practice - EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Sep 1, 2022	Thu	Practice (Modified Practice @ EDA Walking Bridge)	N/A	3:30 PM	5:30 PM	TBD		
Sep 2, 2022	Fri	Practice (Modified Practice @ EDA Walking Bridge)	N/A	8:00 AM	11:00 AM	TBD		
Sep 7, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 8, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 9, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 10, 2022	Sat	Regular Season (Crusaders Invitational - Modified Only @ EC Domes @ TBD Murray Athletic Center)		8:30 AM		TBD		L
Sep 12, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 13, 2022	Tue	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 14, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 15, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 16, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 19, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 20, 2022	Tue	Regular Season (Division Championship)	Corning-Painted Post @ Horseheads	5:00 PM		Park Station		L
Sep 20, 2022	Tue	Regular Season (STAC West Championships)	@ TBD	TBD		Park Station		L
Sep 21, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 22, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 23, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 24, 2022	Sat	Regular Season (Owego Invitational)	@ Owego Apalachin	9:30 AM		Owego Free Academy		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 26, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 27, 2022	Tue	Regular Season (Murry Athletic Center meet with ND & Elmira Heights)	@ TBD	TBD		TBD		NL
Sep 28, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 29, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Sep 30, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational - Genesee Valley State Park)	@ TBD	TBD		Genesee Valley Park		L
Oct 3, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 4, 2022	Tue	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 5, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 7, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 11, 2022	Tue	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 12, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 13, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 14, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 15, 2022	Sat	Regular Season (Marathon Invitational @ Marathon HS)	@ Marathon	TBD		TBD		L
Oct 17, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 18, 2022	Tue	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 19, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 20, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 21, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 22, 2022	Sat	Regular Season (STAC Championships)	@ Owego Apalachin	9:30 AM		Owego Free Academy		L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 24, 2022	Mon	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 25, 2022	Tue	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 26, 2022	Wed	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 27, 2022	Thu	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 28, 2022	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 29, 2022	Sat	Regular Season (Battle Of Hynes Hill)	@ TBD		TBD	Ann McGuinness Intermediate School		L
TBD		Practice	N/A	TBD		TBD		

Date: 2026-01-14