



# 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 28, 2023	Mon	Practice	N/A	9:00 AM		TBD		
Aug 29, 2023	Tue	Practice	N/A	9:00 AM		TBD		
Aug 30, 2023	Wed	Practice	N/A	9:00 AM		TBD		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM		TBD		
Sep 1, 2023	Fri	Practice	N/A	9:00 AM		TBD		
Sep 5, 2023	Tue	Practice	N/A	3:45 PM		TBD		
Sep 6, 2023	Wed	Practice	N/A	3:45 PM		TBD		
Sep 7, 2023	Thu	Practice	N/A	3:45 PM		TBD		
Sep 8, 2023	Fri	Practice	N/A	3:45 PM		TBD		
Sep 9, 2023	Sat	Regular Season (Crusader Clash @ EC Domes)	@ Notre Dame, Elmira	TBD		Murray Athletic Center		NL
Sep 11, 2023	Mon	Practice	N/A	3:45 PM		TBD		
Sep 12, 2023	Tue	Practice	N/A	3:45 PM		TBD		
Sep 13, 2023	Wed	Practice	N/A	3:45 PM		TBD		
Sep 14, 2023	Thu	Practice	N/A	3:45 PM		TBD		
Sep 15, 2023	Fri	Practice	N/A	3:45 PM		TBD		
Sep 16, 2023	Sat	Regular Season (McDaniel/Baxter Invite)	@ Chenango Valley	TBD		CV - HS Rock Pile Field		NL
Sep 18, 2023	Mon	Practice	N/A	3:45 PM		TBD		
Sep 19, 2023	Tue	Practice	N/A	3:45 PM		TBD		
Sep 20, 2023	Wed	Practice	N/A	3:45 PM		TBD		
Sep 21, 2023	Thu	Practice	N/A	3:45 PM		TBD		
Sep 22, 2023	Fri	Practice	N/A	3:45 PM		TBD		
Sep 23, 2023	Sat	Regular Season (Owego Invitational)	@ Owego Apalachin	9:00 AM		Owego Free Academy		NL
Sep 25, 2023	Mon	Practice	N/A	3:45 PM		TBD		
Sep 26, 2023	Tue	Practice	N/A	3:45 PM		TBD		
Sep 26, 2023	Tue	Regular Season (Battle of Elmira @ EC Domes)	@ Elmira Heights	4:30 PM		MURRAY ATHLETIC CENTER		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Sep 27, 2023	Wed	Practice	N/A	3:45 PM		TBD	
Sep 28, 2023	Thu	Practice	N/A	3:45 PM		TBD	
Sep 29, 2023	Fri	Practice	N/A	3:45 PM		TBD	
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational - Genesee Valley State Park)	@ TBD	TBD		Genesee Valley Park	L
Oct 2, 2023	Mon	Practice	N/A	3:45 PM		TBD	
Oct 3, 2023	Tue	Practice	N/A	3:45 PM		TBD	
Oct 4, 2023	Wed	Practice	N/A	3:45 PM		TBD	
Oct 5, 2023	Thu	Practice	N/A	3:45 PM		TBD	
Oct 6, 2023	Fri	Practice	N/A	3:45 PM		TBD	
Oct 6, 2023	Fri	Regular Season (Bob Greene Invitational)	@ Newark Valley	TBD		Newark Valley High School	L
Oct 9, 2023	Mon	Practice	N/A	3:45 PM		TBD	
Oct 10, 2023	Tue	Practice	N/A	3:45 PM		TBD	
Oct 10, 2023	Tue	Regular Season (Quad Meet)	@ Horseheads	TBD		Park Station	L
Oct 11, 2023	Wed	Practice	N/A	3:45 PM		TBD	
Oct 12, 2023	Thu	Practice	N/A	3:45 PM		TBD	
Oct 13, 2023	Fri	Practice	N/A	3:45 PM		TBD	
Oct 14, 2023	Sat	Regular Season (Marathon Invitational @ Appleby Elementary School)	@ Marathon	TBD		Appleby E S	NL
Oct 16, 2023	Mon	Practice	N/A	3:45 PM		TBD	
Oct 17, 2023	Tue	Practice	N/A	3:45 PM		TBD	
Oct 18, 2023	Wed	Practice	N/A	3:45 PM		TBD	
Oct 19, 2023	Thu	Practice	N/A	3:45 PM		TBD	
Oct 20, 2023	Fri	Practice	N/A	3:45 PM		TBD	
Oct 21, 2023	Sat	Regular Season (STAC Championship)	@ Union-Endicott	TBD		Ann G McGuinness Elementary Cross Country Course	L
Oct 23, 2023	Mon	Practice	N/A	3:45 PM		TBD	
Oct 24, 2023	Tue	Practice	N/A	3:45 PM		TBD	
Oct 25, 2023	Wed	Practice	N/A	3:45 PM		TBD	
Oct 26, 2023	Thu	Practice	N/A	3:45 PM		TBD	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 27, 2023	Fri	Practice	N/A	3:45 PM		TBD	
Oct 28, 2023	Sat	Regular Season (Battle Of Hynes Hill)	@ TBD	TBD		Ann McGuinness Intermediate School	NL

Date: 2026-01-14