



Elmira

(B) V Outdoor Track (Elmira Express)

Coaches:

- David Perkins, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|--|------------|----------|---------------|----------------|---------------------|
| Mar 12, 2024 | Tue | Practice (SPRING PRACTICE) | N/A | TBD | 5:30 PM | EHS Gym Lobby | | |
| Mar 13, 2024 | Wed | Practice (SPRING PRACTICE) | N/A | TBD | 5:30 PM | EHS Gym Lobby | | |
| Mar 14, 2024 | Thu | Practice (SPRING PRACTICE) | N/A | TBD | 5:30 PM | EHS Gym Lobby | | |
| Mar 15, 2024 | Fri | Practice (SPRING PRACTICE) | N/A | TBD | 5:30 PM | EHS Gym Lobby | | |
| Mar 18, 2024 | Mon | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 19, 2024 | Tue | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 20, 2024 | Wed | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 21, 2024 | Thu | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 22, 2024 | Fri | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 25, 2024 | Mon | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 26, 2024 | Tue | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 27, 2024 | Wed | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Mar 28, 2024 | Thu | Practice (SPRING PRACTICE) | N/A | 4:00 PM | 5:30 PM | EHS Gym Lobby | | |
| Apr 8, 2024 | Mon | Practice (eclipse day) | N/A | 4:00 PM | 5:30 PM | EHS Stadium | | |
| Apr 22, 2024 | Mon | Practice (SPRING BREAK) | N/A | 11:00 AM | 12:30 PM | EHS Stadium | | |
| Apr 22, 2024 | Mon | Practice (SPRING BREAK PRACTICE) | N/A | 11:00 AM | 12:30 PM | TBD | | |
| CANCELLED Apr 26, 2024 | Fri | Practice (SPRING BREAK) | N/A | 11:00 AM | 12:30 PM | EHS Stadium | | |
| Apr 26, 2024 | Fri | Practice (SPRING BREAK PRACTICE) | N/A | 11:00 AM | 12:30 PM | TBD | | |
| Apr 27, 2024 | Sat | Regular Season (Wait-Molnar Meet) | TBD | 8:00 AM | | EHS Stadium | | L |
| Apr 27, 2024 | Sat | Regular Season (Waite Invite) | Horseheads | 11:00 AM | | EHS Stadium | | NL |
| May 7, 2024 | Tue | Regular Season | Horseheads | 5:00 PM | | EHS Stadium | | L |
| May 22, 2024 | Wed | Regular Season (Sectional State Qualifier) | Corning-Painted Post, Ithaca, Horseheads, Binghamton, Union-Endicott, Vestal | 5:00 PM | | EHS Stadium | | L |
| TBD | | Practice (SPRING PRACTICE) | N/A | 11:00 AM | 12:30 PM | TBD | | |

Date: 2024-05-10