



# 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: 2024-05-20