



# Elmira

## (B) V Outdoor Track (Elmira Express)

### Coaches:

- David Perkins, Head Coach
- Carrington Vaughn, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2025	Mon	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS)	N/A	4:00 PM	5:20 PM	TBD		
Mar 18, 2025	Tue	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS)	N/A	4:00 PM	5:20 PM	TBD		
Mar 19, 2025	Wed	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS BE PREPARED TO GO OUTSIDE)	N/A	4:00 PM	5:20 PM	TBD		
Mar 20, 2025	Thu	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS BE PREPARED TO GO OUTSIDE)	N/A	4:00 PM	5:20 PM	TBD		
Mar 21, 2025	Fri	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS BE PREPARED TO GO OUTSIDE)	N/A	4:00 PM	5:20 PM	TBD		
Mar 22, 2025	Sat	Practice (MEET IN GYM LOBBY THAN weightroom AND HALLWAYS BE PREPARED TO GO OUTSIDE)	N/A	10:00 AM	12:20 PM	TBD		
Apr 3, 2025	Thu	Regular Season	Oneonta, TBD @ Susquehanna Valley	5:00 PM	10:00 PM	SVHS Track		L
CANCELLED Apr 8, 2025	Tue	Regular Season	@ Windsor	5:30 PM		Windsor High School Track		NL
Apr 13, 2025	Sun	Regular Season (The Square Deal Invitational)	@ TBD	10:00 AM		Johnson City High School		L
Apr 17, 2025	Thu	Regular Season (Molly Dry Invitational)	@ TBD	2:00 PM		Mansfield University		L
Apr 23, 2025	Wed	Regular Season 47-92 L	Ithaca	5:00 PM		EHS Stadium		L
Apr 26, 2025	Sat	Regular Season (Wait-Molnar Meet)	TBD	8:00 AM		EHS Stadium		L
Apr 26, 2025	Sat	Regular Season (Waite/Molnar Invitational)	Horseheads	11:00 AM		EHS Stadium		NL
Apr 30, 2025	Wed	Regular Season 42-99 L	Corning-Painted Post	4:30 PM		EHS Stadium		L
May 3, 2025	Sat	Regular Season (Blue Shoes Invite @ Horseheads)	@ TBD	12:00 PM		Horseheads High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 9, 2025	Fri	Regular Season (Vestal Golden Bear Mixed Relays)	@ TBD	5:00 PM		Vestal High School		L
May 10, 2025	Sat	Regular Season (Parkhurst Invitational)	@ TBD	12:00 PM		Union-Endicott High School		L
May 13, 2025	Tue	Regular Season 86-54 W	@ Horseheads	5:00 PM		HHS HS Stadium Field 1		L
May 16, 2025	Fri	Regular Season (FAST TIMES)	Lansing, Ithaca, Newfield, Horseheads, Notre Dame, Elmira, Waverly, Geneseo, Vestal, Thomas A Edison High School, Cortland, Spencer-Van Etten @ Corning-Painted Post	4:30 PM		Corning Memorial Stadium		L
May 21, 2025	Wed	Regular Season (STAC Championship)	@ TBD	TBD		Vestal High School		L
May 28, 2025	Wed	Regular Season (Sectionals - Class Meet)	@ TBD	TBD		TBD		L
Jun 4, 2025	Wed	Regular Season (State Qualifier)	@ TBD	TBD		TBD		L
Jun 13, 2025	Fri	Regular Season (State Championships )	@ TBD	TBD		Middletown High School		L
TBD		Practice	N/A	4:00 PM	5:20 PM	EDA Track		

Date: 2025-12-14