



# Elmira

## (B) 7/8TH Outdoor Track (Elmira Express)

### Coaches:

- Carrington Vaughn, Head Coach
- Saige Thomas

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 5, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 6, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 8, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 11, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 12, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 13, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 15, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 18, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD	
CANCELLED Dec 22, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD	
Mar 25, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Mar 26, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Mar 27, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Mar 28, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 2, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 3, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 4, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 5, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 8, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 9, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 10, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 11, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 12, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 15, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track	
Apr 16, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 17, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 18, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 19, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 22, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 23, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 24, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 25, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 26, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 29, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
Apr 30, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 1, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 2, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 3, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 4, 2024	Sat	Practice	N/A	10:00 AM	1:00 PM	EDA Track		
May 6, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 7, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 7, 2024	Tue	Regular Season	Horseheads	5:00 PM	7:00 PM	EHS Stadium		L
May 8, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 9, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 10, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 13, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 14, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 15, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 16, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 16, 2024	Thu	Regular Season	Horseheads, Corning-Painted Post	5:00 PM	7:00 PM	EHS Stadium		L
May 17, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 20, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 21, 2024	Tue	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 22, 2024	Wed	Practice	N/A	3:45 PM	5:15 PM	EDA Track		

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May 23, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 24, 2024	Fri	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 27, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		

Date: 2024-05-18