



Elmira

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

Coaches:

- Carrington Vaughn, Head Coach
- Saige Thomas, Asst Coach
- Mike Balash, Asst Coach

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 12, 2024	Fri	Regular Season	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium		L

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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	
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 2, 2024	Thu	Regular Season	Owego Apalachin @ Ithaca	5:00 PM	7:30 PM	IHS Moresco Stadium	L
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 6, 2024	Mon	Regular Season	Windsor @ Vestal	5:00 PM		Vestal Dick Hoover Stadium	L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 20, 2024	Mon	Regular Season	Seton Catholic Central @ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf		L
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		
May 23, 2024	Thu	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 23, 2024	Thu	Regular Season	Susquehanna Valley, Seton Catholic Central, Vestal @ Binghamton	5:30 PM		Alumni Stadium		L
May 24, 2024	Fri	Practice	N/A	10:00 AM	11:30 AM	EDA Track		
May 27, 2024	Mon	Practice	N/A	3:45 PM	5:15 PM	EDA Track		
May 28, 2024	Tue	Regular Season	Vestal, Union-Endicott, Binghamton, Ithaca, Corning-Painted Post, Horseheads, Maine-Endwell, Waverly, Oneonta, Windsor, Norwich, Seton Catholic Central, Chenango Valley, Susquehanna Valley, Owego Apalachin @ Johnson City	5:00 PM	8:00 PM	JC Wildcat Stadium		L

Date: 2025-12-18