



# Elmira

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

### Coaches:

- Amy Balash, Head Coach
- Jalasia Demember, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 14, 2022	Mon	Practice (Varsity Practice)	N/A	4:00 PM	6:00 PM	EDA Hallway		
Apr 2, 2022	Sat	Regular Season (NY/PA Invitational)	@ TBD	10:00 AM		Windsor		NL
Apr 4, 2022	Mon	Regular Season	Windsor	5:00 PM		EDA Track		L
Apr 21, 2022	Thu	Regular Season	Seton Catholic Central @ Susquehanna Valley	5:00 PM	7:00 PM	SVHS Track		L
Apr 22, 2022	Fri	Regular Season (Square Deal Invite)	@ TBD	4:30 PM		Johnson City High School		L
Apr 25, 2022	Mon	Regular Season	@ Corning-Painted Post	4:30 PM		Corning Memorial Stadium		L
Apr 28, 2022	Thu	Regular Season	@ Ithaca	5:00 PM		IHS Moresco Stadium		L
Apr 29, 2022	Fri	Regular Season (Vestal Golden Bears Invitational)	@ TBD	5:00 PM		Vestal Dick Hoover Stadium		L
May 4, 2022	Wed	Regular Season	Horseheads	4:30 PM		EDA Track		L
May 6, 2022	Fri	Regular Season (Ithaca Relays (Select Athletes))	@ TBD	4:00 PM		TBD		L
May 7, 2022	Sat	Regular Season (Horseheads Invitational)	@ TBD	12:00 PM		TBD		L
May 9, 2022	Mon	Regular Season (Freshman/Sophomore Invite @ Vestal)	@ TBD	5:00 PM		Vestal High School		L
May 11, 2022	Wed	Regular Season (Need 4 Speed )	@ TBD	5:00 PM		Johnson City High School		L
May 13, 2022	Fri	Regular Season (Corning Fast Times)	@ TBD	4:00 PM		TBD		L
May 18, 2022	Wed	Regular Season (STAC Championships @Johnson City HS)	@ TBD	TBD		Johnson City High School		L
May 25, 2022	Wed	Regular Season (Class A Championships @ Horseheads)	TBD	5:00 PM		TBD		L
Jun 1, 2022	Wed	Post-Season (State Qualifier Class Meets Day 1 @ Union-Endicott)	TBD	5:00 PM		TBD		L
Jun 2, 2022	Thu	Regular Season (State Qualifiers Day 2 @ Union-Endicott)	TBD	5:00 PM		TBD		L
Jun 10, 2022	Fri	Post-Season (Championships)	TBD	TBD		Cicero North Syracuse		L

Date: 2025-12-16