



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 13, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Gym Lobby		
Mar 20, 2023	Mon	Practice	N/A	4:00 PM		EHS Stadium		
Mar 21, 2023	Tue	Practice	N/A	4:00 PM		EHS Stadium		
Mar 22, 2023	Wed	Practice	N/A	4:00 PM		EHS Stadium		
Mar 23, 2023	Thu	Practice	N/A	4:00 PM		EHS Stadium		
Mar 24, 2023	Fri	Practice	N/A	4:00 PM		EHS Stadium		
Mar 27, 2023	Mon	Practice	N/A	4:00 PM		EHS Stadium		
Mar 28, 2023	Tue	Practice	N/A	4:00 PM		EHS Stadium		
Mar 29, 2023	Wed	Practice	N/A	4:00 PM		EHS Stadium		
Mar 30, 2023	Thu	Practice	N/A	4:00 PM		EHS Stadium		
Mar 31, 2023	Fri	Practice	N/A	4:00 PM		EHS Stadium		
Apr 1, 2023	Sat	Regular Season (NY/PA Invite Windsor)	@ Windsor	9:00 AM		Windsor High School Track		L
Apr 3, 2023	Mon	Practice	N/A	11:30 AM		EHS Stadium		
Apr 3, 2023	Mon	Practice	N/A	12:00 PM		EDA Track		
Apr 4, 2023	Tue	Regular Season	@ TBD	5:30 PM		TBD		L
Apr 5, 2023	Wed	Practice	N/A	11:30 AM		EHS Stadium		
Apr 6, 2023	Thu	Practice	N/A	11:30 AM		EHS Stadium		
Apr 6, 2023	Thu	Practice	N/A	12:00 PM		EDA Track		
Apr 10, 2023	Mon	Practice	N/A	4:00 PM		EHS Stadium		
Apr 11, 2023	Tue	Practice (Distance Runners Practice)	N/A	3:45 PM	4:45 PM	TBD		
Apr 11, 2023	Tue	Practice	N/A	4:00 PM		EHS Stadium		
Apr 12, 2023	Wed	Practice	N/A	4:00 PM		EHS Stadium		
Apr 13, 2023	Thu	Practice	N/A	4:00 PM		EHS Stadium		
Apr 14, 2023	Fri	Practice	N/A	4:00 PM		EHS Stadium		
Apr 18, 2023	Tue	Regular Season	Owego Apalachin, Seton Catholic Central	5:00 PM		EHS Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 22, 2023	Sat	Regular Season (Square Deal Invite @ Johnson City)	@ TBD	TBD		Johnson City High School		L
Apr 25, 2023	Tue	Regular Season	Ithaca	5:00 PM		EHS Stadium		L
Apr 29, 2023	Sat	Regular Season (Blue Shoes Invite @ Horseheads)	@ TBD	TBD		TBD		L
May 2, 2023	Tue	Regular Season	Corning-Painted Post	5:00 PM		EHS Stadium		L
May 6, 2023	Sat	Regular Season (Waite Molnar - Elmira Invite)	TBD	1:30 PM		EHS Stadium		L
May 6, 2023	Sat	Regular Season (Elmira High School Invite)	Notre Dame, Elmira	1:30 PM		EHS Stadium		L
May 6, 2023	Sat	Regular Season (Waite/Molnar Invite)	Horseheads	1:30 PM		EHS Stadium		NL
May 9, 2023	Tue	Regular Season	@ Horseheads	5:00 PM		HHS HS Stadium Field 1		L
May 12, 2023	Fri	Regular Season (Fast Times @ CPP)	@ TBD	4:00 PM		Corning-Painted Post High School		L
May 17, 2023	Wed	Regular Season (STAC Meet @ Vestal)	@ Vestal	5:00 PM		Vestal Dick Hoover Stadium		L
May 25, 2023	Thu	Regular Season (Class A/B Meet)	@ TBD	TBD		TBD		L
May 31, 2023	Wed	Regular Season (State Quals @ UE)	@ TBD	TBD		Union-Endicott High School		L
Jun 1, 2023	Thu	Regular Season (State Quals @ UE)	@ TBD	TBD		Union-Endicott High School		L
Jun 9, 2023	Fri	Regular Season (State Meet @ Middletown)	@ TBD	TBD		TBD		L
Jun 10, 2023	Sat	Regular Season (State Meet @ Middletown)	@ TBD	TBD		TBD		L
TBD		Practice (Practice and Help Out at Modified Meet)	N/A	3:45 PM		EDA Track		

Date: 2024-05-11