



# 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 11, 2024	Mon	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 12, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 13, 2024	Wed	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 14, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 15, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 18, 2024	Mon	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 19, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 20, 2024	Wed	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 21, 2024	Thu	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 22, 2024	Fri	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 25, 2024	Mon	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 26, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 27, 2024	Wed	Practice	N/A	4:00 PM	5:30 PM	EHS Gym Lobby		
Mar 29, 2024	Fri	Practice	N/A	11:00 AM	12:30 PM	EHS Gym Lobby		
Apr 1, 2024	Mon	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 2, 2024	Tue	Practice	N/A	4:00 PM	5:30 PM	EHS Stadium		
Apr 3, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 4, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 5, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 6, 2024	Sat	Practice	N/A	11:00 AM	12:30 PM	EHS Turf		
Apr 9, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 10, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 11, 2024	Thu	Regular Season	Oneonta @ Johnson City	5:45 PM	9:00 PM	JC Wildcat Stadium		L
Apr 12, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 13, 2024	Sat	Regular Season (NY/PA Invite Windsor)	@ TBD	8:00 AM		Windsor		L
Apr 15, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 16, 2024	Tue	Regular Season 42-96 L	@ Ithaca	4:30 PM	7:30 PM	IHS Moresco Stadium		L
Apr 17, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 18, 2024	Thu	Regular Season 58-73 L	@ Horseheads	5:00 PM		HHS HS Stadium Field 1		NL
Apr 19, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 20, 2024	Sat	Regular Season (Square Deal Invite @ Johnson City)	@ TBD	8:00 AM		Johnson City High School		L
Apr 22, 2024	Mon	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 23, 2024	Tue	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 24, 2024	Wed	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 25, 2024	Thu	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 26, 2024	Fri	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 27, 2024	Sat	Regular Season (Wait-Molnar Meet)	TBD	8:00 AM		EHS Stadium		L
Apr 27, 2024	Sat	Regular Season (Waite Invite)	Horseheads	11:00 AM		EDA Track		NL
Apr 29, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
Apr 30, 2024	Tue	Regular Season	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium		L
May 1, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 2, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 3, 2024	Fri	Regular Season (Golden Bear Invite @ Vestal)	@ TBD	5:00 PM		Vestal High School		L
May 4, 2024	Sat	Regular Season (Blue Shoes Invite @ Horseheads)	@ Horseheads	9:00 AM		HHS HS Stadium Field 1		L
May 6, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 7, 2024	Tue	Regular Season	Horseheads	5:00 PM		EHS Stadium		L
May 8, 2024	Wed	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 9, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 10, 2024	Fri	Regular Season (Fast Times @ CPP)	@ TBD	5:00 PM		Corning-Painted Post High School		L
May 13, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 14, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 15, 2024	Wed	Regular Season (Varsity STAC Championship Meet)	@ TBD	12:00 AM		Johnson City High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 16, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 17, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 21, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 22, 2024	Wed	Regular Season (Sectional State Qualifier)	Corning-Painted Post, Ithaca, Horseheads, Binghamton, Union-Endicott, Vestal	5:00 PM		EHS Stadium		L
May 23, 2024	Thu	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 24, 2024	Fri	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 27, 2024	Mon	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 28, 2024	Tue	Practice	N/A	4:00 PM	5:25 PM	EHS Stadium		
May 29, 2024	Wed	Regular Season (State Qualifier)	@ TBD	5:00 PM		Union-Endicott High School		L
May 30, 2024	Thu	Regular Season (State Qualifier)	@ TBD	5:00 PM		Union-Endicott High School		L

Date: 2026-02-10