



Elmira

(G) V Outdoor Track (Elmira Express)

Coaches:

- Amy Balash, Head Coach
- Jalasia Demberger, 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 | 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