



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 17, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 18, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 19, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 20, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 21, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 24, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 25, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 26, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 27, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 28, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Mar 31, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 1, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 2, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 3, 2025	Thu	Regular Season	Oneonta, TBD @ Susquehanna Valley	5:00 PM	10:00 PM	SVHS Track		L
Apr 4, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 7, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
CANCELLED Apr 8, 2025	Tue	Regular Season	@ Windsor	4:30 PM		Windsor High School Track		NL
Apr 9, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 10, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 11, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 12, 2025	Sat	Practice	N/A	12:00 PM	1:30 PM	EHS Stadium		
Apr 13, 2025	Sun	Regular Season (The Square Deal Invitational)	@ TBD	10:00 AM		Johnson City High School		L
Apr 15, 2025	Tue	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 16, 2025	Wed	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 17, 2025	Thu	Regular Season (Molly Dry Invitational)	@ TBD	2:00 PM		Mansfield University		L

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Apr 18, 2025	Fri	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
Apr 21, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 22, 2025	Tue	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 23, 2025	Wed	Regular Season 93-35 W	Ithaca	5:00 PM		EHS Stadium		L
Apr 24, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 25, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 26, 2025	Sat	Regular Season (Wait-Molnar Meet)	TBD	8:00 AM		EHS Stadium		L
Apr 26, 2025	Sat	Regular Season (Waite/Molnar Invitational)	Horseheads	11:00 AM		EHS Stadium		NL
Apr 28, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
Apr 30, 2025	Wed	Regular Season 35-106 L	Corning-Painted Post	4:30 PM		EHS Stadium		L
May 1, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
May 2, 2025	Fri	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
May 3, 2025	Sat	Regular Season (Blue Shoes Invite @ @ TBD Horseheads)		12:00 PM		Horseheads High School		L
May 5, 2025	Mon	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
May 7, 2025	Wed	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
May 8, 2025	Thu	Practice	N/A	3:45 PM	5:30 PM	EHS Stadium		
May 9, 2025	Fri	Regular Season (Vestal Golden Bear Mixed Relays)	@ TBD	5:00 PM		Vestal High School		L
May 10, 2025	Sat	Regular Season (Parkhurst Invitational)	@ TBD	12:00 PM		Union-Endicott High School		L
May 13, 2025	Tue	Regular Season 83-52 W	@ Horseheads	5:00 PM		HHS HS Stadium Field 1		L
May 16, 2025	Fri	Regular Season (FAST TIMES)	Ithaca, Newfield, Lansing, Horseheads, Notre Dame, Elmira, Waverly, Geneseo, Vestal, Thomas A Edison High School, Cortland, Spencer-Van Etten @ Corning-Painted Post	4:30 PM		Corning Memorial Stadium		L
May 21, 2025	Wed	Regular Season (STAC Championship)	@ TBD	TBD		Vestal High School		L
May 23, 2025	Fri	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
May 24, 2025	Sat	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
May 26, 2025	Mon	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 27, 2025	Tue	Practice	N/A	11:00 AM	12:30 PM	EHS Stadium		
May 28, 2025	Wed	Regular Season (Sectionals - Class Meet)	@ TBD	TBD		TBD		L
Jun 4, 2025	Wed	Regular Season (State Qualifier)	@ TBD	TBD		TBD		L
Jun 13, 2025	Fri	Regular Season (State Championship)	@ TBD	TBD		Middletown High School		L

Date: 2025-12-13