



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 / NON-LEAGUE
Apr 14, 2026	Tue	Regular Season	Oneonta @ Binghamton	5:30 PM		Alumni Stadium	L
Apr 21, 2026	Tue	Regular Season	Seton Catholic Central, Johnson City @ Susquehanna Valley	5:00 PM	8:00 PM	Sabers Stadium	L
Apr 24, 2026	Fri	Regular Season (Wait-Molnar Meet)	@ TBD	TBD		EHS Stadium	L
Apr 28, 2026	Tue	Regular Season	@ Ithaca	5:00 PM		IHS Moresco Stadium	L
May 5, 2026	Tue	Regular Season	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium	L
May 12, 2026	Tue	Regular Season	Horseheads, Owego Apalachin	5:00 PM		EHS Stadium	L
May 15, 2026	Fri	Regular Season (FAST TIMES)	Geneseo, Lansing, Vestal @ Corning-Painted Post	4:30 PM		Corning Memorial Stadium	L
May 15, 2026	Fri	Regular Season (Fast Times @ CPP)	@ TBD	4:30 PM		Corning-Painted Post High School	L

Date: 2026-02-10