



# Elmira

## (G) 7/8TH Outdoor Track (Elmira Express)

### Coaches:

- Allyson Moore, Head Coach
- Saige Thomas

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 31, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 1, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 4, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 5, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 6, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 7, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 8, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 19, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 20, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 21, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 22, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 25, 2022	Mon	Regular Season	@ Corning-Painted Post	4:30 PM		Corning Memorial Stadium		L
Apr 26, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 27, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 28, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Apr 28, 2022	Thu	Regular Season	@ Ithaca	5:00 PM		IHS Moresco Stadium		L
Apr 29, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 2, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 3, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 4, 2022	Wed	Regular Season	Horseheads	4:15 PM		EDA Track		L
May 5, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 6, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 9, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 10, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 11, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2022	Thu	Regular Season	TBD, Windsor @ Maine-Endwell	4:30 PM		Maine-Endwell HS Turf		L
May 13, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 16, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 18, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 19, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 20, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 23, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
POSTPONED May 23, 2022	Mon	Regular Season	Owego Apalachin, Norwich @ Union-Endicott	5:00 PM	7:00 PM	UEHS Mike Miller Track		L
May 24, 2022	Tue	Regular Season	Corning-Painted Post, Ithaca, Horseheads	4:30 PM		EDA Track		L
May 25, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 26, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
May 31, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jun 1, 2022	Wed	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jun 2, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jun 3, 2022	Fri	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jun 6, 2022	Mon	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jun 8, 2022	Wed	Regular Season (Divisional Meet )	Union-Endicott, Binghamton, Johnson City, Maine-Endwell, Ithaca, Corning-Painted Post, Horseheads, Oneonta, Seton Catholic Central, Windsor, TBD, Chenango Valley, Susquehanna Valley, Norwich @ Owego Apalachin	5:30 PM		OFA Stadium		L

Date: 2026-01-09