



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