



# 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 / NON-LEAGUE
Apr 10, 2023	Mon	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 11, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 12, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 13, 2023	Thu	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 14, 2023	Fri	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 17, 2023	Mon	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 18, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 19, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 20, 2023	Thu	Regular Season	Chenango Valley @ Union-Endicott	5:00 PM	7:00 PM	UEHS Mike Miller Track	L
Apr 21, 2023	Fri	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 24, 2023	Mon	Regular Season	Johnson City, Seton Catholic Central, Binghamton	5:30 PM		EDA Track	L
Apr 25, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 26, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
Apr 27, 2023	Thu	Regular Season	Oneonta @ TBD	5:30 PM		Vestal Dick Hoover Stadium	L
Apr 28, 2023	Fri	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 1, 2023	Mon	Regular Season	Corning-Painted Post, Owego Apalachin	5:00 PM		EDA Track	L
May 2, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 3, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 4, 2023	Thu	Regular Season	Oneonta @ TBD	5:00 PM		TBD	L
May 5, 2023	Fri	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 8, 2023	Mon	Regular Season	Maine-Endwell, Windsor	5:00 PM		EHS Stadium	L
May 9, 2023	Tue	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 10, 2023	Wed	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 11, 2023	Thu	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 12, 2023	Fri	Practice	N/A	3:45 PM	5:00 PM	EDA Track	
May 15, 2023	Mon	Practice	N/A	3:45 PM	5:00 PM	EDA Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 16, 2023	Tue	Regular Season	Horseheads, Ithaca @ Corning-Painted Post	5:30 PM		Corning Memorial Stadium		L
Jun 5, 2023	Mon	Regular Season	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Mike Miller Track		L

Date: 2026-01-11