



Notre Dame, Elmira

(G) 7/8TH Cross Country

Coaches:

- Eric Doud

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 22, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 23, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 24, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 25, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 28, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 29, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 30, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Aug 31, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 1, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 4, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (Crusader Clash @ EC Domes)	Elmira	12:00 AM		Murray Athletic Center		NL
Sep 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 12, 2023	Tue	Regular Season	Watkins Glen, Tioga, Spencer-Van Etten (S-VE Panthers) @ Elmira Heights	5:00 PM		Newtown Battlefield		L
Sep 13, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 14, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 19, 2023	Tue	Regular Season	Dryden, Marathon, Moravia @ Whitney Point	5:00 PM		WP Cross Country Course		L
Sep 19, 2023	Tue	Regular Season (@ Whitney Point)	@ TBD	5:00 PM		TBD		L
Sep 20, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 22, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
CANCELLED Sep 23, 2023	Sat	Regular Season (Owego Invitational)	@ Owego Apalachin	9:00 AM		OFA Stadium	Departure Time: 7:15 AM	L
Sep 25, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 26, 2023	Tue	Regular Season	Elmira Heights	TBD		Murray Athletic Center		L
Sep 27, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 28, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 29, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 2, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 3, 2023	Tue	Regular Season (@ Newark Valley)	@ TBD	5:00 PM		TBD		L
Oct 4, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 5, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 9, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 10, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 11, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 12, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 13, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 14, 2023	Sat	Regular Season (Marathon Invitational)	@ Marathon	TBD		Appleby E S		L
Oct 16, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 17, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 18, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 19, 2023	Thu	Regular Season (IAC Modified Meet @ Trumansburg)	@ Trumansburg	4:00 PM		Stadium Field		L

Date: 2024-05-02