



Notre Dame, Elmira

(G) 7/8TH Cross Country

Coaches:

- Tony Joe

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Aug 23, 2022	Tue	Practice	N/A	4:30 PM	6:00 PM	TBD			
Aug 24, 2022	Wed	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Aug 26, 2022	Fri	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Aug 29, 2022	Mon	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Aug 30, 2022	Tue	Practice (Cross Country Practice)	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Aug 31, 2022	Wed	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Sep 2, 2022	Fri	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame- Wrestling Room			
Sep 6, 2022	Tue	Regular Season (Multi Meet at WG State Park)	Elmira Heights, Tioga, Waverly @ Watkins Glen	5:00 PM	5:20 PM	Watkins Glen State Park	Departure Time: 3:00 PM		L
Sep 7, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame- Wrestling Room			
Sep 8, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Sep 9, 2022	Fri	Practice (Crusader Clash Course Preview)	N/A	4:00 PM	5:30 PM	Murray Athletic Center			
Sep 10, 2022	Sat	Regular Season (NOTRE DAME - CRUSADER CLASH INVITATIONAL @ EC DOMES)	Elmira Heights	TBD		Murray Athletic Center			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 12, 2022	Mon	Practice (Picture Day - 3:45 on the turf)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 13, 2022	Tue	Regular Season (At Newtown Battlefield)	Candor (Candor), Newark Valley, Tioga, Waverly @ Elmira Heights	5:00 PM		Newtown Battlefield			L
Sep 14, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 15, 2022	Thu	Regular Season (@ EC DOMES)	Seton Catholic Central	5:00 PM		TBD			L
Sep 16, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 19, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 20, 2022	Tue	Regular Season	Groton, TBD, Watkins Glen @ Dryden	5:00 PM		Dryden H S	Class Dismissal: 2:45 PM	Departure Time: 3:00 PM	L
Sep 21, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 22, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 23, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 24, 2022	Sat	Regular Season	@ Owego Apalachin	9:00 AM		Owego Free Academy			L
Sep 26, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 27, 2022	Tue	Regular Season (@ ELMIRA COLLEGE DOMES)	Elmira Heights	4:30 PM		Murray Athletic Center			L
Sep 28, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 29, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Sep 30, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		TBD		Departure Time: 5:30 AM	L
Oct 4, 2022	Tue	Regular Season	@ Newark Valley	TBD		Newark Valley High School	Class Dismissal: 2:15 PM	Departure Time: 2:30 PM	L
Oct 6, 2022	Thu	Regular Season (Bob Green Invitational)	@ Newark Valley	TBD		Newark Valley High School	Class Dismissal: 1:30 PM	Departure Time: 1:45 PM	L
Oct 11, 2022	Tue	Practice (Harris Hill - Pool Parking Lot)	N/A	4:00 PM	5:30 PM	TBD			
Oct 12, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Oct 13, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Oct 15, 2022	Sat	Regular Season (Marathon Invite)	@ Marathon	9:15 AM		Appleby E S		Departure Time: 6:45 AM	L
Oct 17, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Oct 18, 2022	Tue	Practice (Harris Hill - Pool Parking Lot)	N/A	4:00 PM	5:30 PM	TBD			
Oct 19, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			
Oct 20, 2022	Thu	Regular Season (MODIFIED ONLY)	@ TBD	4:00 PM		Trumansburg High School	Class Dismissal: 2:55 PM	Departure Time: 3:15 PM	L
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame- Wrestling Room			

Date: 2026-03-12