



Notre Dame, Elmira

(G) 7/8TH Cross Country

Coaches:

- Tony Joe

| 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: 2026-03-12