



Notre Dame, Elmira

(B) 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		
Sep 9, 2023	Sat	Regular Season (Crusader Clash @ EC Domes)	Elmira	TBD		Murray Athletic Center		NL
Sep 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
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		

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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	4:30 PM		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		
Sep 29, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Sep 30, 2023	Sat	Regular Season (Mcquaid Invitational)	@ TBD	TBD		TBD		L
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
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		

Date: 2024-04-19