



Notre Dame, Elmira

(G) V 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 2, 2023	Sat	Regular Season (XC Relays - The Y at Watson Homestead)	Horseheads, Spencer-Van Etten (S-VE Panthers), TBD @ Corning- Painted Post	9:50 AM		Watson Homestead, Painted Post, NY		L
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		

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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)	Elmira, Waverly, Bath, Watkins Glen, Corning-Painted Post, Elmira Heights	8:30 AM		Murray Athletic Center "The Domes"		L
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 AM		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	Departure Time: 2:45 PM	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		Owego Free Academy	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 (XC Meet @ The Domes)	Elmira, 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		

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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	8:00 AM		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	Spencer-Van Etten (S-VE Panthers), Candor (Candor), Elmira Heights, Tioga, Watkins Glen @ Newark Valley	4:00 PM		Newark Valley High School		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	9:00 AM		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		

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Oct 20, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 23, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 24, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 25, 2023	Wed	Post-Season (IAC Championships @ Marathon)	@ Marathon	4:00 PM		TBD		L
Oct 26, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Oct 27, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	Elmira Notre Dame-Wrestling Room		
Nov 2, 2023	Thu	Regular Season (Section 4 Championships @ Chenango Valley State Park)	@ TBD	TBD		TBD	Departure Time: 8:30 AM	L

Date: 2024-04-19