



Notre Dame, Elmira

(G) V 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	TBD			
Aug 23, 2022	Tue	Practice (@ Pirozzolo Park End of Grandview Extension)	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 25, 2022	Thu	Practice (@ Harris Hill Pool Parking Lot)	N/A	4:30 PM	6:00 PM	TBD			
Aug 26, 2022	Fri	Practice	N/A	4:30 PM	6:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 29, 2022	Mon	Practice (Cross Country 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 (Cross Country Practice)	N/A	4:30 PM	6:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 1, 2022	Thu	Practice (Cross Country Practice)	N/A	4:30 PM	6:00 PM	TBD			
Sep 2, 2022	Fri	Practice (Cross Country Practice)	N/A	4:30 PM	6:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 5, 2022	Mon	Regular Season (Week 3)	Watkins Glen, Spencer-Van Etten (S-VE Panthers) @ Trumansburg	5:00 PM		Stadium Field			L
Sep 6, 2022	Tue	Regular Season (Multi Meet at WG State Park)	Elmira Heights, Tioga, Waverly @ Watkins Glen	5:20 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			

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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
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, Trumansburg, Watkins Glen @ Dryden	5:00 PM		Dryden HS	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 24, 2022	Sat	Regular Season	@ Owego Apalachin	9:00 AM		TBD			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 (SENIOR NIGHT))	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			
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		TBD	Departure Time: 5:30 AM		L
Oct 3, 2022	Mon	Regular Season	Spencer-Van Etten (S-VE Panthers), Candor (Candor), Elmira Heights, Tioga, Watkins Glen, Waverly @ Newark Valley	4:00 PM		Newark Valley High School			L
Oct 4, 2022	Tue	Regular Season (IAC Divisional)	Candor (Candor), Spencer-Van Etten (S-VE Panthers), Elmira Heights, Tioga, Watkins Glen, Waverly @ Newark Valley	4:00 PM		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	3:45 PM	6:30 PM	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			

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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 PM		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	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 24, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 25, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 26, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 27, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Oct 28, 2022	Fri	Regular Season (IAC CHAMPIONSHIPS)	TBD	TBD		TBD	Class Dismissal: 1:30 PM	Departure Time: 1:40 PM	L
Oct 31, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			

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Nov 1, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 2, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 3, 2022	Thu	Post-Season (SECTION IV CHAMPIONSHIPS- Chenango Valley State Park)	TBD	8:00 AM		TBD	Departure Time: 8:00 AM		L
Nov 4, 2022	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 7, 2022	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 8, 2022	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 9, 2022	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 10, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame-Wrestling Room			
Nov 12, 2022	Sat	Post-Season (States- Vernon Verona Sherrill)	TBD	TBD		TBD			L

Date: 2025-12-19