



Notre Dame, Elmira

(B) V Cross Country

Coaches:

- Tony Joe

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 19, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 20, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 21, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 22, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 25, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 26, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 27, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 28, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 29, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Aug 30, 2025	Sat	Regular Season (@ Corning Fast Times Meet)	@ TBD	8:00 AM		TBD			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 3, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 4, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 5, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 8, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 9, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 9, 2025	Tue	Regular Season	Groton, Dryden, Spencer-Van Etten (S-VE Panthers), Candor (Candor) @ Whitney Point	5:00 PM		WP Cross Country Course	Class Dismissal: 2:45 PM	Departure Time: 3:00 PM	L
Sep 10, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 11, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 12, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 15, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 16, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2025	Tue	Regular Season (Senior Night)	Dryden, Moravia, Odessa-Montour @ Spencer-Van Etten (S-VE Panthers)	5:00 PM		Camp Badger - 725 Larue Rd Spencer NY 14883	Class Dismissal: 2:45 PM	Departure Time: 3:00 PM	L
Sep 17, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 18, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 19, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 22, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 23, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 23, 2025	Tue	Regular Season	Newark Valley, Watkins Glen @ Tioga	5:00 PM		Haggerty Field/Track		Departure Time: 3:15 PM	L
Sep 24, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 25, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 26, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 27, 2025	Sat	Regular Season (@ Mcquaid)	@ TBD	9:00 AM		TBD		Departure Time: 6:00 AM	L
Sep 29, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Sep 30, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 2, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 3, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 6, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 7, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 7, 2025	Tue	Regular Season (Large School IAC Divisional Meet)	Elmira Heights, Watkins Glen, Dryden, Lansing, Trumansburg, Whitney Point @ Newark Valley	4:30 PM		Newark Valley High School	Class Dismissal: 2:00 PM	Departure Time: 2:15 PM	L
Oct 8, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 9, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 10, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 13, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 14, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 15, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

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Oct 16, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 17, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 18, 2025	Sat	Regular Season (@ Marathon)	@ TBD	8:45 PM		TBD	Departure Time: 6:30 AM		L
Oct 20, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 21, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 22, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 23, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 24, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 27, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 28, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 29, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Oct 29, 2025	Wed	Regular Season (IAC Championships @ Marathon)	@ TBD	4:00 PM		TBD	Class Dismissal: 1:15 PM	Departure Time: 1:30 PM	L
Oct 30, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 31, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Nov 3, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Nov 4, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Nov 5, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Nov 6, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Nov 6, 2025	Thu	Post-Season (@ Chenango Valley State Park)	TBD	TBD		TBD			L
Nov 7, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

Date: 2026-05-16