



# Notre Dame, Elmira

## (B) V Cross Country

### Coaches:

- Eric Doud

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	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		
CANCELLED 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, Waverly, Corning-Painted Post, Bath, Elmira Heights, Watkins Glen, Johnson City, Hornell, Tioga	8:30 AM		Murray Athletic Center		L
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		
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 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		
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		
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		
Oct 2, 2023	Mon	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
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		

Date: 2024-04-19