



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 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 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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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, 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 12, 2023	Tue	Regular Season	Watkins Glen, Tioga @ Elmira Heights	5:00 PM		Newtown Battlefield	Departure Time: 3:30 PM		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	Class Dismissal: 2:45 PM	Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 (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			
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	9:00 AM		TBD	Departure Time: 6:00 AM		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	Class Dismissal: 1:45 PM	Departure Time: 2:00 PM	L
Oct 4, 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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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	Departure Time: 6:45 AM		L
Oct 25, 2023	Wed	Post-Season (IAC Championships @ Marathon)	@ Marathon	4:00 PM		TBD	Class Dismissal: 1:45 PM	Departure Time: 2:00 PM	L
Nov 2, 2023	Thu	Post-Season (Section 4 Championships @ Chenango Valley State Park)	@ TBD	TBD		TBD	Class Dismissal: 8:15 AM	Departure Time: 8:30 AM	L

Date: 2026-01-11