



# Notre Dame, Elmira

## (B) MOD7/8/9 Outdoor Track

### Coaches:

- Kevin Coughlin , Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 25, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Mar 26, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Mar 27, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Mar 28, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 2, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 3, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 4, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 5, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 8, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 9, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 10, 2024	Wed	Regular Season	Elmira Heights, Watkins Glen @ Odessa-Montour	4:30 PM		Charles Martin Field	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Time:</b> 2:45 PM	L
Apr 11, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 12, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 15, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

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Apr 16, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 17, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 17, 2024	Wed	Regular Season	Spencer-Van Etten, Elmira Heights @ Watkins Glen	4:30 PM		W G Alumni Field	<b>Departure Time:</b> 3:15 PM		L
Apr 18, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 19, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 22, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 23, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 24, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 25, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 26, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 29, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
Apr 30, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 1, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 1, 2024	Wed	Regular Season (@ @ Edison)	TBD	4:30 PM		TBD	<b>Departure Time:</b> 3:30 PM		L
May 2, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 3, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 6, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 7, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 7, 2024	Tue	Regular Season	Elmira Heights, Candor (Candor)	4:30 PM		Elmira Notre Dame Stadium Field - Turf			L
May 8, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 9, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 10, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 13, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 13, 2024	Mon	Regular Season (@ Watkins Glen)	@ TBD	4:30 PM		TBD	<b>Departure Time:</b> 3:15 PM		L
May 13, 2024	Mon	Regular Season	Newark Valley, Elmira Heights @ Watkins Glen	4:30 PM		W G Alumni Field			L
May 14, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 15, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 16, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 17, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 20, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 21, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			
May 22, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION / NON-LEAGUE
May 23, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room	
May 24, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room	
May 25, 2024	Sat	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room	

Date: 2024-04-26