



Notre Dame, Elmira

(B) MOD7/8/9 Outdoor Track

Coaches:

- Kevin Coughlin , Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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 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		
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 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 2, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
May 3, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame-Wrestling Room		
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 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		
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: 2024-05-19