



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 | Class Dismissal: 2:30 PM | Departure Time: 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 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-----------------------------|--|------------|----------|----------------------------------|--------------------------------|----------------|---------------------|
| 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 | Departure Time: 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 | Departure Time: 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 | | | |

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|--------------|----------|---------------------------------|--|------------|----------|--|-----------------------------------|----------------|---------------------|
| 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 | Departure Time: 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 | | | |

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|--------------|----------|----------|-----------|------------|----------|----------------------------------|---------------------------------------|
| 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: 2024-04-18