Coaches:

• Cleo Baker



DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 2, 2019	Mon	Practice (Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 2, 2019	Mon	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 3, 2019	Tue	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 3, 2019	Tue	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 4, 2019	Wed	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 4, 2019	Wed	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 5, 2019	Thu	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 5, 2019	Thu	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 6, 2019	Fri	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 6, 2019	Fri	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 9, 2019	Mon	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 9, 2019	Mon	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 10, 2019	Tue	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		
Dec 10, 2019	Tue	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 11, 2019	Wed	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 11, 2019	Wed	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 12, 2019	Thu	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 12, 2019	Thu	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 13, 2019	Fri	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 13, 2019	Fri	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 14, 2019	Sat	Regular Season (Ithaca Bomber @ Ithaca College)	@ TBD	TBD		Ithaca College Athletic Complex	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 8:00 AM	L
Dec 16, 2019	Mon	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 16, 2019	Mon	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 17, 2019	Tue	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 17, 2019	Tue	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 18, 2019	Wed	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 18, 2019	Wed	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 19, 2019	Thu	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 19, 2019	Thu	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 20, 2019	Fri	Practice (Boys Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 20, 2019	Fri	Practice (Girls Indoor Track Practice)	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Dec 21, 2019	Sat	Regular Season (Quinney Invite - Cortland State)	@ TBD	9:00 AM		Cortland State Lusk Field House	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 6:15 AM	L
Dec 27, 2019	Fri	Practice	N/A	1:00 PM	2:30 PM	Elmira Notre Dame: HS Gymnasium			
Dec 28, 2019	Sat	Regular Season (Winter Classic at SUNY Corland)	@ TBD	9:00 AM		Cortland State Lusk Field House	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 6:15 AM	L
Jan 3, 2020	Fri	Practice (Practice)	N/A	3:00 PM	4:15 PM	Elmira Notre Dame: HS Gymnasium			
Jan 4, 2020	Sat	Regular Season (Section IV Classic @ Cornell University)	@ TBD	12:30 PM		Cornell University Barton Hall	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 10:30 AM	L
Jan 10, 2020	Fri	Regular Season (Section IV Classic Meet @ Ithaca College)	@ TBD	5:00 PM		TBD	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 2:30 PM	L
Jan 11, 2020	Sat	Regular Season (Meet @ SUNY Cortland)	@ TBD	6:00 PM		TBD	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 4:30 PM	L
Jan 13, 2020	Mon	Practice	N/A	3:15 PM	_	Elmira Notre Dame: HS Gymnasium			
Jan 14, 2020	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Jan 15, 2020	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Jan 16, 2020	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium			
Jan 17, 2020	Fri	Regular Season (Hurley Invite @ Ithaca College)	@ TBD	5:00 PM		Ithaca College Athletic Complex	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 3:15 PM	L
Jan 18, 2020	Sat	Regular Season (Section V vs. VI @ Houghton College)	@ TBD	10:00 AM		TBD	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 7:00 AM	L
Jan 21, 2020	Tue	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 22, 2020	Wed	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium			
Jan 23, 2020	Thu	Practice	N/A	3:30 PM	5:00 PM	Elmira Notre Dame: HS Gymnasium			
Jan 24, 2020	Fri	Regular Season (Hurley meet for small schools at SUNY Cortland)	@ TBD	6:00 PM		TBD	Bus/Driver: Furman & Jones Bus		L
Jan 25, 2020	Sat	Regular Season (Trent Jackson / Cedric Walker Invitational @ RIT)	@ TBD	10:00 AM		TBD	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 6:45 AM	L
Jan 28, 2020	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Jan 29, 2020	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Jan 30, 2020	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Jan 31, 2020	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 1, 2020	Sat	Regular Season (Open meet @ SUNY Cortland)	@ TBD	5:00 PM		TBD	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 3:30 PM	L
Feb 3, 2020	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 4, 2020	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 5, 2020	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 6, 2020	Thu	Practice	N/A	3:15 PM		Elmira Notre Dame: HS Gymnasium			
Feb 7, 2020	Fri	Practice	N/A	3:15 PM	4:45 PM	Gymnasium			
Feb 10, 2020	Mon	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 11, 2020	Tue	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 12, 2020	Wed	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 13, 2020	Thu	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 14, 2020	Fri	Practice	N/A	3:15 PM	4:45 PM	Elmira Notre Dame: HS Gymnasium			
Feb 15, 2020	Sat	Regular Season (Section IV Championships @ Cornell University)	@ TBD	12:15 PM		Cornell University Barton Hall	Bus/Driver: Furman & Jones Bus	Departure Point: NDHS Departure Time: 10:30 AM Return Date: Return Time: 6:00 PM	L
Mar 7, 2020	Sat	Regular Season (State Championships @ Staten Island)	TBD	9:00 AM		TBD		Departure Point: NDHS	L

Date: 2024-06-03