



# Notre Dame, Elmira

## (G) V Winter Track

### Coaches:

- Tony Joe

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

| DATE         | WEEK DAY | TYPE   | 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<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Jan 23, 2020 | Thu      | Practice   | N/A       | 3:30 PM    | 5:00 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Jan 24, 2020 | Fri      | Regular Season<br>(Hurley meet for small schools at SUNY Cortland )  | @ TBD     | 6:00 PM    |          | TBD                                   | <b>Bus/Driver:</b><br>Furman & Jones Bus | <b>Departure Point:</b><br>NDHS<br><b>Departure Time:</b><br>4:30 PM | L                   |
| Jan 25, 2020 | Sat      | Regular Season<br>(Trent Jackson / Cedric Walker Invitational @ RIT) | @ TBD     | 10:00 AM   |          | TBD                                   | <b>Bus/Driver:</b><br>Furman & Jones Bus | <b>Departure Point:</b><br>NDHS<br><b>Departure Time:</b><br>6:45 AM | L                   |
| Jan 28, 2020 | Tue      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Jan 29, 2020 | Wed      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Jan 30, 2020 | Thu      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Jan 31, 2020 | Fri      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 1, 2020  | Sat      | Regular Season<br>(Open meet @ SUNY Cortland )                       | @ TBD     | 5:00 PM    |          | TBD                                   | <b>Bus/Driver:</b><br>Furman & Jones Bus | <b>Departure Point:</b><br>NDHS<br><b>Departure Time:</b><br>3:30 PM | L                   |
| Feb 3, 2020  | Mon      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 4, 2020  | Tue      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 5, 2020  | Wed      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 6, 2020  | Thu      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 7, 2020  | Fri      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |  |  |                     |
| Feb 10, 2020 | Mon      | Practice   | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>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<br>Notre Dame: HS<br>Gymnasium |   |  |                     |
| Feb 12, 2020 | Wed      | Practice  | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |   |  |                     |
| Feb 13, 2020 | Thu      | Practice  | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |   |  |                     |
| Feb 14, 2020 | Fri      | Practice  | N/A       | 3:15 PM    | 4:45 PM  | Elmira<br>Notre Dame: HS<br>Gymnasium |   |  |                     |
| Feb 15, 2020 | Sat      | Regular Season<br>(Section IV<br>Championships<br>@ Cornell<br>University ) | @ TBD     | 12:15 PM   |          | Cornell<br>University<br>Barton Hall  | <b>Bus/Driver:</b><br>Furman &<br>Jones Bus | <b>Departure Point:</b><br>NDHS<br><b>Departure Time:</b><br>10:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 6:00<br>PM | L                   |
| Mar 7, 2020  | Sat      | Regular Season<br>(State<br>Championships<br>@ Staten Island )              | TBD       | 9:00 AM    |          | TBD                                   |   | <b>Departure Point:</b><br>NDHS  | L                   |

Date: 2026-04-08