



Elmira Heights

(G) V Cross Country

Coaches:

- Jed Twichell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2021	Tue	Regular Season	Dryden, Newark Valley, Tioga @ Spencer-Van Etten (S-VE Panthers)	5:00 PM	TBD			L
Sep 11, 2021	Sat	Regular Season (CROSS COUNTRY INVITATIONAL)	Waverly @ Notre Dame, Elmira	TBD	Murray Athletic Center	Departure Time: 8:00 AM		NL
Sep 14, 2021	Tue	Regular Season	Newark Valley, Dryden @ Notre Dame, Elmira	5:00 PM	Murray Athletic Center			L
Sep 21, 2021	Tue	Regular Season	Notre Dame, Elmira @ Tioga	5:00 PM	Haggerty Field/Track	Departure Time: 3:00 PM		L
Oct 2, 2021	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK IN ROCHESTER)	@ TBD	9:00 AM	TBD	Departure Time: 5:45 AM		NL
Oct 5, 2021	Tue	Regular Season	Candor (Candor), Notre Dame, Elmira, Spencer-Van Etten (S-VE Panthers), Tioga, Watkins Glen, Waverly, Notre Dame, Elmira @ Newark Valley	4:30 PM	Newark Valley High School			L
Oct 16, 2021	Sat	Regular Season (MARATHON INVITATIONAL @ APPLEBY ELEMENTARY SCHOOL)	@ Marathon	TBD	TBD	Departure Time: 6:30 AM		NL
Oct 28, 2021	Thu	Regular Season (IAC CHAMPIONSHIP @ MARATHON)	@ TBD	4:00 PM	TBD	Departure Time: 1:00 PM		L
Nov 4, 2021	Thu	Regular Season (SECTION 4 CHAMPIONSHIPS)	@ TBD	11:00 AM	TBD	Departure Time: 8:30 AM		L

Date: 2026-01-22