



# Elmira Heights

## (G) V Cross Country

### Coaches:

- Jed Twichell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2022	Mon	Regular Season	Dryden, Groton, Tioga @ Newark Valley	4:00 PM		Newark Valley High School		L
Sep 6, 2022	Tue	Regular Season (Multi Meet at WG State Park )	Notre Dame, Elmira, Tioga, Waverly @ Watkins Glen	5:20 PM	5:20 PM	Watkins Glen State Park	<b>Departure Time:</b> 3:15 PM	L
Sep 10, 2022	Sat	Regular Season (NOTRE DAME - CRUSADER CLASH INVITATIONAL @ EC DOMES)	@ Notre Dame, Elmira	TBD		Murray Athletic Center		L
Sep 13, 2022	Tue	Regular Season (At Newtown Battlefield)	Candor (Candor), Notre Dame, Elmira, Newark Valley, Tioga, Waverly	5:00 PM		Newtown Battlefield		L
Sep 20, 2022	Tue	Regular Season	Candor (Candor), Newark Valley, Waverly @ Tioga	4:30 PM		Haggerty Field/Track	<b>Departure Time:</b> 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (OWEGO INVITATIONAL @ PHEASANT HILL GOLF COURSE)	@ TBD	9:00 AM		Pheasant Hill Country Club	<b>Departure Time:</b> 6:00 AM	NL
Sep 27, 2022	Tue	Regular Season (@ ELMIRA COLLEGE DOMES (SENIOR NIGHT))	@ Notre Dame, Elmira	4:30 PM		Murray Athletic Center	<b>Departure Time:</b> 3:30 PM	L
Oct 1, 2022	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK IN ROCHESTER, NY)	@ TBD	9:00 AM		Genesee Valley State Park	<b>Departure Time:</b> 5:30 AM	L
Oct 3, 2022	Mon	Regular Season	Spencer-Van Etten (S-VE Panthers), Candor (Candor), Notre Dame, Elmira, Tioga, Watkins Glen, Waverly @ Newark Valley	4:00 PM		Newark Valley High School		L
Oct 4, 2022	Tue	Regular Season (IAC Divisional)	Candor (Candor), Spencer-Van Etten (S-VE Panthers), Notre Dame, Elmira, Tioga, Watkins Glen, Waverly @ Newark Valley	4:00 PM		Newark Valley High School	<b>Departure Time:</b> 2:00 PM	L
Oct 15, 2022	Sat	Regular Season (MARATHON INVITATIONAL )	@ Marathon	8:30 AM		Appleby E S	<b>Departure Time:</b> 6:00 AM	NL
Oct 28, 2022	Fri	Regular Season (IAC CHAMPIONSHIP @ MARATHON APPLEBY ELEMENTARY SCHOOL)	@ TBD	4:00 PM		Appleby E S	<b>Departure Time:</b> 1:00 PM	L

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Nov 3, 2022	Thu	Post-Season (SECTION IV CHAMPIONSHIP @ CHENANGO VALLEY STATE PARK)	@ TBD	TBD		TBD		NL

Date: 2025-12-19