



# Elmira Heights (G) V Cross Country

## Coaches:

- Jed Twichell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (Crusader Clash)	Elmira, Waverly, Bath, Watkins Glen, Corning-Painted Post @ Notre Dame, Elmira	8:30 AM		Murray Athletic Center "The Domes"	<b>Departure Time:</b> 8:15 AM	L
Sep 12, 2023	Tue	Regular Season	Watkins Glen, Notre Dame, Elmira, Tioga, Spencer-Van Etten (S-VE Panthers)	5:00 AM		Newtown Battlefield		L
Sep 19, 2023	Tue	Regular Season	Newark Valley, Spencer-Van Etten (S-VE Panthers), Candor (Candor) @ Tioga	5:00 PM		Haggerty Field/Track	<b>Departure Time:</b> 3:15 PM	L
Sep 23, 2023	Sat	Regular Season (OWEGO INVITATIONAL)	@ TBD	TBD		Owego Free Academy		NL
Sep 26, 2023	Tue	Regular Season (XC Meet @ The Domes)	Elmira @ Notre Dame, Elmira	4:30 PM		Murray Athletic Center	<b>Departure Time:</b> 3:15 PM	L
CANCELLED Sep 30, 2023	Sat	Regular Season (MCQUAID INVITATIONAL)	@ TBD	TBD		TBD		NL
Oct 3, 2023	Tue	Regular Season	Spencer-Van Etten (S-VE Panthers), Candor (Candor), Notre Dame, Elmira, Tioga, Watkins Glen @ Newark Valley	4:00 PM		Newark Valley High School	<b>Departure Time:</b> 2:00 PM	L
Oct 14, 2023	Sat	Regular Season (MARATHON INVITATIONAL)	@ TBD	TBD		Appleby E S	<b>Departure Time:</b> 6:00 AM	NL
Oct 17, 2023	Tue	Regular Season (WHITNEY POINT INVITATIONAL)	@ TBD	5:20 PM		TBD	<b>Departure Time:</b> 2:00 PM	NL
Oct 25, 2023	Wed	Regular Season (IAC CHAMPIONSHIP @ MARATHON APPLEBY ELEMENTARY SCHOOL)	@ TBD	4:00 PM		Appleby E S	<b>Departure Time:</b> 1:30 PM	L
Nov 2, 2023	Thu	Post-Season (SECTION IV CHAMPIONSHIPS @ CHENANGO VALLEY STATE PARK)	@ TBD	TBD		Chenango Valley State Park	<b>Departure Time:</b> 8:15 AM	NL

Date: 2026-01-20