



# Elmira Heights

## (G) V Cross Country

### Coaches:

- Jed Twichell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Regular Season	Dryden, Whitney Point @ Moravia	5:00 PM		Cross Country at Fillmore Glen State Park	<b>Departure Time:</b> 2:30 PM	L
Sep 13, 2024	Fri	Regular Season (OWEGO INVITATIONAL)	@ Owego Apalachin	6:00 PM		Owego Free Academy	<b>Departure Time:</b> 4:15 PM	NL
Sep 17, 2024	Tue	Regular Season (WG SENIOR NIGHT )	Notre Dame, Elmira, Dryden, Odessa-Montour @ Watkins Glen	5:00 PM		Watkins Glen State Park	<b>Departure Time:</b> 3:15 PM	L
Sep 21, 2024	Sat	Regular Season (CONWICKE-STOCK INVITATIONAL @ ANN MCGUINNESS ELEMENTARY SCHOOL IN ENDICOTT, NY)	@ TBD		10:00 AM	Ann G McGuinness Elementary Cross Country Course	<b>Departure Time:</b> 8:00 AM	L
Sep 25, 2024	Wed	Regular Season	Notre Dame, Elmira, Moravia, Odessa-Montour, Whitney Point @ Lansing	5:00 PM		Lansing Varsity Field (Sobus)	<b>Departure Time:</b> 2:30 PM	L
Sep 28, 2024	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK)	@ TBD		TBD	TBD		NL
Oct 8, 2024	Tue	Regular Season (IAC Divisional Championship)	Notre Dame, Elmira, Watkins Glen, Dryden, Lansing, Trumansburg, Whitney Point @ Newark Valley		4:30 PM	Newark Valley High School	<b>Departure Time:</b> 1:45 PM	L
Oct 12, 2024	Sat	Regular Season (Norwich Tornado 5000)	TBD, Unadilla Valley (UV/GMU), Sidney, Bainbridge TBD			General Clinton Park - Bainbridge	<b>Departure Time:</b> 7:00 AM	L
Oct 19, 2024	Sat	Regular Season (MARATHON INVITATIONAL @ APPLEBY ELEMENTARY SCHOOL)	@ Marathon	9:00 AM		Appleby E S	<b>Departure Time:</b> 6:00 AM	NL
Oct 22, 2024	Tue	Regular Season (WHITNEY POINT INVITATIONAL)	@ TBD	4:40 PM		WP Cross Country Course	<b>Departure Time:</b> 2:00 PM	NL
Oct 30, 2024	Wed	Post-Season (IAC CHAMPIONSHIP)	@ Marathon	4:00 PM		Appleby E S	<b>Departure Time:</b> 1:00 PM	L
Nov 7, 2024	Thu	Post-Season (SECTION IV CHAMPIONSHIPS @ CHENANGO VALLEY STATE PARK)	@ TBD		TBD	TBD	<b>Departure Time:</b> 8:15 AM	NL

Date: 2026-01-20