



# 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, 2025	Tue	Regular Season	Trumansburg, Tioga, Watkins Glen @ Odessa-Montour	5:00 PM		BC Cate Elementary	<b>Departure Time:</b> 3:30 PM	L
Sep 16, 2025	Tue	Regular Season (SENIOR NIGHT - WG INVITE)	Lansing, Tioga, Candor (Candor) @ Watkins Glen	5:00 PM		Watkins Glen State Park	<b>Departure Time:</b> 3:30 PM	L
Sep 19, 2025	Fri	Regular Season (OWEGO INVITATIONAL)	@ TBD	TBD		TBD	<b>Departure Time:</b> 3:45 PM	NL
Sep 22, 2025	Mon	Regular Season	Candor (Candor), Lansing, Elmira	5:00 PM		Newtown Battlefield	<b>Departure Time:</b> 3:30 PM	L
Sep 27, 2025	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK)	@ TBD	TBD		Genesee Valley State Park	<b>Departure Time:</b> 6:00 AM	NL
Oct 7, 2025	Tue	Regular Season	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 11, 2025	Sat	Regular Season (NORWICH INVITATIONAL)	@ TBD	TBD		TBD	<b>Departure Time:</b> 6:45 AM	NL
Oct 21, 2025	Tue	Regular Season (WHITNEY POINT INVITATIONAL)	@ TBD	TBD		WP Cross Country Course	<b>Departure Time:</b> 1:30 PM	NL
Oct 29, 2025	Wed	Regular Season (IAC CHAMPIONSHIP @ MARATHON APPLEBY ELEMENTARY SCHOOL)	@ Marathon	4:00 PM		Appleby E S	<b>Departure Time:</b> 1:00 PM	L
Nov 6, 2025	Thu	Post-Season (SECTION IV CHAMPIONSHIP @ CHENANGO VALLEY STATE PARK)	@ TBD	TBD		CHENANGO VALLEY STATE PARK	<b>Departure Time:</b> 8:00 AM	L

Date: 2026-01-20