



Elmira Heights

(G) 7/8TH Cross Country

Coaches:

- Emily Thresher, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2022	Tue	Regular Season (Multi Meet at WG State Park)	Notre Dame, Elmira, Tioga, Waverly @ Watkins Glen	5:00 PM	5:20 PM	Watkins Glen State Park	Departure Time: 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	@ Tioga	5:00 PM		Haggerty Field/Track	Departure Time: 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (OWEGO INVITATIONAL @ PHEASANT HILL GOLF COURSE)	@ TBD		9:00 AM	Pheasant Hill Country Club	Departure Time: 6:00 AM	L
Sep 27, 2022	Tue	Regular Season (@ ELMIRA COLLEGE DOMES)	@ Notre Dame, Elmira		4:30 PM	Murray Athletic Center	Departure Time: 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	Departure Time: 5:30 AM	NL
Oct 4, 2022	Tue	Regular Season (IAC DIVISIONAL MEET)	@ Newark Valley	4:00 PM		Newark Valley High School	Departure Time: 2:00 PM	L
Oct 15, 2022	Sat	Regular Season (MARATHON INVITATIONAL)	@ Marathon		8:30 AM	Appleby E S	Departure Time: 6:00 AM	L
Oct 20, 2022	Thu	Regular Season (IAC Modified End of Year Invitational)	Candor (Candor), Lansing, Watkins Glen, Waverly, Newark Valley, Tioga, Dryden, Grotont, Moravia, Whitney Point, Marathon, Union Springs (Port Byron/Union Springs) @ Trumansburg	5:00 PM	7:00 PM	Stadium Field		L

Date: 2026-01-20