



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
POSTPONED Sep 5, 2023	Tue	Regular Season	@ Newark Valley	5:00 PM		TBD	Departure Time: 2:00 PM	L
Sep 12, 2023	Tue	Regular Season	Watkins Glen, Notre Dame, Elmira, Tioga, Spencer-Van Etten (S-VE Panthers)	5:00 PM		Newtown Battlefield		L
Sep 19, 2023	Tue	Regular Season	Spencer-Van Etten (S-VE Panthers), TBD @ Tioga	5:00 PM		TBD	Departure Time: 3:30 PM	L
Sep 23, 2023	Sat	Regular Season (OWEGO INVITATIONAL)	@ TBD	TBD		Owego Free Academy		NL
Sep 26, 2023	Tue	Regular Season (Battle of Elmira @ EC Domes)	Elmira	4:40 PM		MURRAY ATHLETIC CENTER		L
Sep 26, 2023	Tue	Regular Season	@ Notre Dame, Elmira	TBD		Murray Athletic Center	Departure Time: 3:15 PM	L
CANCELLED Sep 30, 2023	Sat	Regular Season (MCQUAID INVITATIONAL)	@ TBD	TBD		TBD		L
Oct 3, 2023	Tue	Regular Season	@ Newark Valley	4:00 PM		Newark Valley High School	Departure Time: 2:00 PM	L
Oct 14, 2023	Sat	Regular Season (MARATHON INVITATIONAL)	@ TBD	TBD		Appleby E S	Departure Time: 6:00 AM	NL
Oct 17, 2023	Tue	Regular Season (WHITNEY POINT INVITATIONAL)	@ TBD	4:40 PM		TBD	Departure Time: 2:00 PM	NL
Oct 19, 2023	Thu	Regular Season (IAC END OF YEAR INVITATIONAL)	@ TBD	5:00 PM		Stadium Field	Departure Time: 3:30 PM	L

Date: 2026-01-20