



# 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 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	@ 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	NL
Sep 25, 2024	Wed	Regular Season	Moravia, Whitney Point, Odessa-Montour @ Lansing	5:00 PM		Lansing Varsity Field (Sobus)		L
Sep 28, 2024	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK)	@ TBD	TBD		TBD		NL
Oct 1, 2024	Tue	Regular Season	Southern Cayuga @ Watkins Glen	5:00 PM		Watkins Glen State Park		L
Oct 8, 2024	Tue	Regular Season (IAC DIVISIONAL CHAMPIONSHIP)	@ Newark Valley	4:30 PM		Newark Valley High School	<b>Departure Time:</b> 1:45 PM	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	4:30 PM		WP Cross Country Course	<b>Departure Time:</b> 2:00 PM	NL
Oct 24, 2024	Thu	Regular Season (END OF SEASON INVATIONAL @ TRUMANSBURG)	@ TBD	5:00 PM		Stadium Field	<b>Departure Time:</b> 3:00 PM	L

Date: 2026-04-14