



# 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 9, 2025	Tue	Regular Season	@ Odessa-Montour	4:30 PM		BC Cate Elementary	<b>Departure Time:</b> 3:30 PM	L
Sep 16, 2025	Tue	Regular Season	Lansing, Tioga @ 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	Lansing, Candor (Candor), 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 (IAC DIVISIONAL CHAMPIONSHIPS @ NEWARK VALLEY HS)	@ TBD	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	4:30 PM		WP Cross Country Course	<b>Departure Time:</b> 1:30 PM	NL
Oct 23, 2025	Thu	Regular Season (IAC MODIFIED END OF YEAR INVITATIONAL)	TBD, Marathon, Candor (Candor) @ Trumansburg	5:00 PM		Stadium Field	<b>Departure Time:</b> 3:00 PM	L

Date: 2025-12-05