



# Elmira Heights Boys Varsity Cross Country 2023 - 2024

Athletics Director: Mike Bennett

2083 College Ave  
Elmira Heights, NY, 14903  
(607) 733-5604  
[www.heightsschools.com](http://www.heightsschools.com)

## Coaches:

- Jed Twichell

## Players (10)

NAME	GRADE
Landon Allen	12
Dillan Allyn-Nobles	11
Jameson Duggan	10
Darius Kelley	11
Shawn Kelly	10
Kaleb Podoliak	11
Elijah Reed	12
Elliot Riffle	10
Carter Smith	10
Zachary Sternfels	10