



# Elmira Heights

## (B) 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	<b>Departure Time:</b> 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	<b>Departure Time:</b> 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (OWEGO INVITATIONAL @ PHEASANT HILL GOLF COURSE)	@ TBD	9:00 AM		Pheasant Hill Country Club	<b>Departure Time:</b> 6:00 AM	NL
Sep 27, 2022	Tue	Regular Season (@ ELMIRA COLLEGE DOMES)	@ Notre Dame, Elmira	4:30 PM		Murray Athletic Center	<b>Departure Time:</b> 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	<b>Departure Time:</b> 5:30 AM	NL
Oct 4, 2022	Tue	Regular Season (IAC DIVISIONAL MEET)	Candor (Candor), Spencer-Van Etten (S-VE Panthers), Notre Dame, Elmira, Tioga, Watkins Glen, Waverly @ Newark Valley	4:00 PM		Newark Valley High School	<b>Departure Time:</b> 2:00 PM	L
Oct 15, 2022	Sat	Regular Season (MARATHON INVITATIONAL )	@ Marathon	8:30 AM		Appleby ES	<b>Departure Time:</b> 6:00 AM	NL
Oct 20, 2022	Thu	Regular Season	Candor (Candor), Lansing, Dryden, Groton, Marathon, Moravia, Newark Valley, Tioga, Union Springs (Port Byron/Union Springs), Watkins Glen, Waverly, Southern Cayuga @ Trumansburg	5:00 PM	7:00 PM	Stadium Field		L

Date: 2026-04-05