



Elmira Heights

(B) 7/8TH Outdoor Track

Coaches:

- Sheena Sadler

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 12, 2023	Wed	Regular Season	Spencer-Van Etten, Odessa-Montour, Watkins Glen, Waverly @ Notre Dame, Elmira	4:30 PM		Elmira Notre Dame Stadium Field - Turf	Departure Time: 3:30 PM	L
Apr 19, 2023	Wed	Regular Season	Notre Dame, Elmira, Watkins Glen @ Spencer-Van Etten	4:30 PM		Spencer-Van Etten HS		L
Apr 26, 2023	Wed	Regular Season	Waverly, Newark Valley, Spencer-Van Etten	4:30 PM		Edison High School		L
May 3, 2023	Wed	Regular Season	Waverly @ Notre Dame, Elmira	4:30 PM		Elmira Notre Dame Stadium Field - Turf	Departure Time: 3:45 PM	L
May 15, 2023	Mon	Regular Season	Candor (Candor), Newfield, Odessa-Montour, Tioga @ Spencer-Van Etten	4:30 PM		Spencer-Van Etten HS	Departure Time: 3:15 PM	L
May 22, 2023	Mon	Regular Season (MARATHON INVITATIONAL)	@ Marathon	4:00 PM		Marathon H S	Departure Time: 1:30 PM	L

Date: 2026-01-01