



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 9, 2025	Wed	Regular Season	Watkins Glen, Spencer-Van Etten, Notre Dame, Elmira	4:30 PM		Edison High School		L
Apr 23, 2025	Wed	Regular Season (HOME MEET)	Odessa-Montour, Watkins Glen @ Notre Dame, Elmira	4:30 PM		Elmira Notre Dame Stadium Field - Turf	Departure Time: 3:30 PM	L
Apr 30, 2025	Wed	Regular Season	Newark Valley @ Spencer-Van Etten	4:30 PM		Spencer-Van Etten HS	Departure Time: 3:30 PM	L
May 8, 2025	Thu	Regular Season	Candor (Candor), Notre Dame, Elmira	4:30 PM		Edison High School		L
May 14, 2025	Wed	Regular Season	Notre Dame, Elmira, Watkins Glen @ Newark Valley	4:30 PM		Newark Valley High School	Departure Time: 2:45 PM	L
May 20, 2025	Tue	Regular Season (TRUMANSBURG JUNIOR HIGH INVITATIONAL)	@ TBD	4:30 PM		Stadium Field	Departure Time: 2:30 PM	L
May 27, 2025	Tue	Regular Season (MARATHON INVITATIONAL)	@ Marathon	4:30 PM		Marathon H S	Departure Time: 1:30 PM	NL

Date: 2026-04-10