



# Elmira Heights

## (G) V Cross Country

### Coaches:

- Jed Twichell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Regular Season	Dryden, Whitney Point @ Moravia	5:00 PM		Cross Country at Fillmore Glen State Park		L
Sep 17, 2024	Tue	Regular Season (WG SENIOR NIGHT )	Notre Dame, Elmira, Dryden, Odessa-Montour @ Watkins Glen	5:00 PM		Watkins Glen State Park	<b>Departure Time:</b> 3:15 PM	L
Sep 25, 2024	Wed	Regular Season	Notre Dame, Elmira, Moravia, Odessa-Montour, Whitney Point @ Lansing	5:00 PM		Lansing HS	<b>Departure Time:</b> 2:30 PM	L
Oct 8, 2024	Tue	Regular Season (IAC Divisional Championship)	Notre Dame, Elmira, Watkins Glen, Dryden, Lansing, Trumansburg, Whitney Point @ Newark Valley	4:30 PM		Newark Valley High School	<b>Departure Time:</b> 2:00 PM	L
Oct 30, 2024	Wed	Post-Season (IAC CHAMPIONSHIP)	@ Marathon	4:00 PM		Appleby E S	<b>Departure Time:</b> 1:00 PM	L
Nov 7, 2024	Thu	Post-Season (SECTION IV CHAMPIONSHIPS @ CHENANGO VALLEY STATE PARK)	@ TBD	TBD		TBD		NL
Nov 16, 2024	Sat	Post-Season (NYSPHSAA CHAMPIONSHIPS @ QUEENSBURY HIGH SCHOOL)	@ TBD	TBD		TBD		NL

Date: 2024-08-17