



Elmira Heights

(G) 7/8TH Cross Country

Coaches:

- Emily Thresher, Head Coach

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	Departure Time: 2:30 PM	L
Sep 13, 2024	Fri	Regular Season (OWEGO INVITATIONAL)	@ Owego Apalachin	6:00 PM		Owego Free Academy	Departure Time: 4:15 PM	NL
Sep 17, 2024	Tue	Regular Season	@ Watkins Glen	5:00 PM		Watkins Glen State Park	Departure Time: 3:15 PM	L
Sep 21, 2024	Sat	Regular Season (CONWICKE-STOCK INVITATIONAL @ ANN MCGUINESS ELEMENTARY SCHOOL IN ENDICOTT, NY)	@ TBD	10:00 AM		Ann G McGuinness Elementary Cross Country Course	Departure Time: 8:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Moravia, Whitney Point, Odessa-Montour @ Lansing	5:00 PM		Lansing Varsity Field (Sobus)		L
Sep 28, 2024	Sat	Regular Season (MCQUAID INVITATIONAL @ GENESEE VALLEY PARK)	@ TBD	TBD		TBD		NL
Oct 1, 2024	Tue	Regular Season	Southern Cayuga @ Watkins Glen	5:00 PM		Watkins Glen State Park		L
Oct 8, 2024	Tue	Regular Season (IAC DIVISIONAL CHAMPIONSHIP)	@ Newark Valley	4:30 PM		Newark Valley High School	Departure Time: 2:00 PM	L
Oct 19, 2024	Sat	Regular Season (MARATHON INVITATIONAL @ APPLEBY ELEMENTARY SCHOOL)	@ Marathon	9:00 AM		Appleby E S	Departure Time: 6:00 AM	NL
Oct 24, 2024	Thu	Regular Season (END OF SEASON INVATIONAL @ TRUMANSBURG)	@ TBD	5:00 PM		TBD	Departure Time: 2:45 PM	L

Date: 2024-09-27