



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 17, 2024	Tue	Regular Season	Dryden, Notre Dame, Elmira, Odessa-Montour @ Watkins Glen	5:00 PM		Watkins Glen State Park	Departure Time: 3:15 PM	L
Sep 25, 2024	Wed	Regular Season	Notre Dame, Elmira, Moravia, TBD, Whitney Point @ Lansing	5:00 PM		Lansing HS	Departure Time: 2:30 PM	L
Oct 8, 2024	Tue	Regular Season (Divisional Meet)	Watkins Glen, Notre Dame, Elmira, Dryden, Lansing, Trumansburg, Whitney Point @ Newark Valley	4:30 PM		Newark Valley High School		L
Oct 24, 2024	Thu	Regular Season	@ TBD	5:00 PM		TBD	Departure Time: 2:45 PM	L

Date: 2024-08-17