



# Elmira Heights Boys Varsity Cross Country 2022 - 2023

Athletics Director: Mike Bennett

2083 College Ave  
Elmira Heights, NY, 14903  
(607) 733-5604  
[www.heightsschools.com](http://www.heightsschools.com)

## Coaches:

- Jed Twichell

## Players (9)

NAME	GRADE
Landon Allen	Graduated
Martin Benjamin	Graduated
Jameson Duggan	11
Darius Kelley	12
Robert Martino	Graduated
Kaleb Podoliak	12
Carter Smith	11
Ethan Smith	Graduated
Zachary Sternfels	11