



Elmira Heights

(G) V Outdoor Track

Coaches:

- Jed Twichell
- Lenny Smith

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2023	Tue	Regular Season	Waverly @ Spencer-Van Etten	4:30 PM		Spencer-Van Etten HS	Departure Time: 3:00 PM	L
Apr 20, 2023	Thu	Regular Season	Newfield	4:45 PM		Edison High School		L
Apr 21, 2023	Fri	Regular Season	Marathon, Newfield, Southern Cayuga, Spencer-Van Etten, Union Springs, Watkins Glen @ Tioga	4:30 PM		Haggerty Field/Track		L
Apr 26, 2023	Wed	Regular Season 54-51-78 L	Candor (Candor) @ Odessa-Montour	4:30 PM		Charles Martin Field	Departure Time: 3:30 PM	L
Apr 29, 2023	Sat	Regular Season (BLUE SHOES INVITE @ HORSEHEADS HS)	@ TBD	9:00 AM		HHS HS Stadium Field 1	Departure Time: 7:45 AM	NL
May 1, 2023	Mon	Regular Season	Tioga	4:45 PM		Edison High School		L
May 5, 2023	Fri	Regular Season (Legends of the Night)	South Seneca, Groton, Moravia, Tioga, Watkins Glen, Trumansburg, Union Springs @ Odessa-Montour	4:30 PM		Charles Martin Field	Departure Time: 3:15 PM	NL
May 9, 2023	Tue	Regular Season	Candor (Candor), Newfield, Spencer-Van Etten, Tioga @ Odessa-Montour	4:30 PM		Charles Martin Field	Departure Time: 3:00 PM	L
May 12, 2023	Fri	Regular Season (FAST TIMES INVITATIONAL @ CORNING HS)	@ TBD	4:00 PM		TBD	Departure Time: 3:00 PM	L
May 15, 2023	Mon	Regular Season (IAC PENTATHALON)	@ Odessa-Montour	4:30 PM		Charles Martin Field	Departure Time: 3:00 PM	L
May 17, 2023	Wed	Regular Season (IAC Championships)	Southern Cayuga, Groton, Trumansburg, Lansing, Union Springs, Marathon, Moravia, Whitney Point, Notre Dame, Elmira, Odessa-Montour, Watkins Glen, Newark Valley, Waverly, Newfield, Spencer-Van Etten, Tioga, Candor (Candor) @ Dryden	4:45 PM		Dryden High School Stadium	Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 18, 2023	Thu	Regular Season (IAC Championships)	Southern Cayuga, Groton, Lansing, Union Springs, Marathon, Trumansburg, Moravia, Whitney Point, Notre Dame, Elmira, Odessa-Montour, Watkins Glen, Newark Valley, Waverly, Newfield, Spencer-Van Etten, Tioga, Candor (Candor) @ Dryden	4:45 PM		Dryden High School Stadium	Departure Time: 2:30 PM	L
May 24, 2023	Wed	Post-Season (SECTION IV CLASS "C" CHAMPIONSHIPS)	@ Newark Valley	4:00 PM		Newark Valley High School	Departure Time: 1:45 PM	NL
May 31, 2023	Wed	Post-Season (NYS QULIFYING MEET @ UNION ENDICOTT)	@ TBD	5:00 PM		TBD	Departure Time: 3:15 PM	NL
Jun 1, 2023	Thu	Post-Season (NYS QULIFYING MEET @ UNION ENDICOTT)	@ TBD	5:00 PM		TBD	Departure Time: 3:15 PM	NL

Date: 2024-06-30