



# Ithaca

## (G) V Cross Country

### Coaches:

- Leann Young, Head Coach
- Ian Golden, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2023	Sat	Regular Season (Vernon Verona-Sherrill Invite)	@ TBD	TBD		TBD		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	@ TBD	1:20 PM		TBD		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	NL
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	@ TBD	2:20 PM	4:30 PM	Genesee Valley Park, Rochester		<b>Departure Point:</b> IHS <b>Departure Time:</b> 10:30 AM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Oct 14, 2023	Sat	Regular Season (Marathon Invite)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 9:15 AM	<b>Departure Point:</b> IHS <b>Departure Date:</b> Oct 13, 2023 <b>Departure Time:</b> 9:30 AM <b>Return Date:</b> Oct 14, 2023 <b>Return Time:</b> 6:00 PM	L
Oct 14, 2023	Sat	Regular Season (Manhattan College Invite)	@ TBD	TBD		Van Cortlandt Park		<b>Departure Point:</b> IHS	L
Oct 21, 2023	Sat	Regular Season (STAC Championships)	@ TBD	TBD		TBD		<b>Departure Point:</b> IHS	NL
Oct 24, 2023	Tue	Regular Season (Owego Last Chance Invite)	@ Owego Apalachin	5:00 PM		Owego Free Academy		<b>Departure Point:</b> IHS	NL
Nov 2, 2023	Thu	Post-Season (Sectional Championships)	@ TBD	TBD		TBD		<b>Departure Point:</b> IHS	NL
Nov 11, 2023	Sat	Post-Season (NYS Championships)	@ TBD	1:00 PM		Cross Country Course		<b>Departure Point:</b> IHS <b>Departure Time:</b> 9:00 AM	NL

Date: 2024-04-09