



# Ithaca

## (G) V Cross Country

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2019	Thu	Meet (Hot Dog Day Cross Country Invite)	Vs. Multiple	4:15 PM	8:30 PM	Newark High School	<b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	NL
Sep 7, 2019	Sat	Meet (Yellow Jacket Cross Country Meet Oneonta)	Vs. Multiple	8:30 AM	2:15 PM	Fortin Park	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:45 PM	NL
Sep 17, 2019	Tue	Meet (STAC West Divisional Meet Elmira College)	Vs. Multiple	4:00 PM	7:30 PM	Murray Athletic Center	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	NL
Sep 21, 2019	Sat	Meet (Baldwinsville Invite)	Vs. Multiple	12:00 PM	3:00 PM	Durgee Junior HS, Baldwinsville	<b>Departure Time:</b> 9:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	NL
Sep 28, 2019	Sat	Meet (McQuaid Invite)	Vs. Multiple	3:30 PM	6:00 PM	Genesee Valley Park, Rochester	<b>Departure Point:</b> Ithaca HS <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL
Oct 11, 2019	Fri	Regular Season (Bob Greene Invitational)	TBD, Athens, Blue Ridge, Chenango Valley, Corning-Painted Post, Delaware Academy, Notre Dame, Elmira, Horseheads, Johnson City, Lansing, Port Byron (Port Byron/Union Springs), Seneca Falls, Seton Catholic Central, Southern Cayuga, Tioga, Tully, Vestal, Waverly, West Genesee, Windsor @ Newark Valley	4:00 PM	6:00 PM	Newark Valley High School	<b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL
Oct 11, 2019	Fri	Meet (Manhattan College Cross Country Invitational)	Vs. Multiple	TBD		Van Cortlandt Park	<b>Departure Time:</b> 9:30 AM	NL
Oct 12, 2019	Sat	Meet (Manhattan College Cross Country Invitational)	Vs. Multiple	TBD		Van Cortlandt Park	<b>Departure Time:</b> 8:00 PM	NL
Oct 26, 2019	Sat	Meet (Cross Country STAC Championships)	Vs. Multiple	10:00 AM	2:00 PM	Ann G. McGuinness Elementary School	<b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 29, 2019	Tue	Meet (Cross Country Crossover Meet)	Vs. Multiple	4:30 PM	6:30 PM	Murray Athletic Center	<b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Nov 7, 2019	Thu	Meet (Cross Country Section IV State Qualifier)	Vs. Multiple	1:30 PM	4:30 PM	Chenango Valley State Park	<b>Departure Time:</b> 10:00 AM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	NL
Nov 15, 2019	Fri	Meet (Cross Country NYSPHSAA Championships)	Vs. Multiple	TBD		Ronald B Stafford Ice Arena	<b>Departure Time:</b> 8:00 AM	NL
Nov 16, 2019	Sat	Meet (Cross Country NYSPHSAA Championships)	Vs. Multiple	11:00 AM	12:00 PM	Ronald B Stafford Ice Arena	<b>Departure Time:</b> 12:30 PM	NL

Date: 2024-05-18