



# Ithaca

## (G) V Cross Country

### Coaches:

- Rebecca Lovenheim, Head Coach
- Amy Boscia, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2021	Sat	Regular Season (Dave "Flash" Forbes Invitational)	@ TBD	10:00 AM		Fortin Park		<b>Departure Point:</b> IHS <b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Sep 21, 2021	Tue	Regular Season (West Division Championship )	@ TBD	4:30 PM		Park Station	<b>Class Dismissal:</b> 2:00 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Sep 25, 2021	Sat	Regular Season (Baldwinsville Invitational @ Durgee Jr High)	@ TBD	10:00 AM		TBD		<b>Departure Point:</b> IHS <b>Departure Time:</b> 9:00 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 2, 2021	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park, Rochester		<b>Departure Point:</b> IHS <b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 8, 2021	Fri	Regular Season (Bob Greene Invitational)	@ TBD	3:45 PM		Newark Valley High School	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Oct 9, 2021	Sat	Regular Season (Manhattan College Invitational @ Van Cortlandt Park)	@ TBD	9:00 AM		Van Cortlandt Park	<b>Class Dismissal:</b> 3:00 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Oct 16, 2021	Sat	Regular Season	@ TBD	9:30 AM		Appleby E S		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 23, 2021	Sat	Regular Season (STAC Championships )	@ TBD	12:00 PM		Fortin Park		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2021	Mon	Regular Season (Cross Over meet)	TBD, Chenango Valley @ Owego Apalachin	TBD		Owego Free Academy	<b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Nov 4, 2021	Thu	Post-Season (State Quals @ CV State Park)	@ TBD	12:00 PM		Chenango Valley State Park	<b>Class Dismissal:</b> 10:10 AM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 10:30 AM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	L
Nov 13, 2021	Sat	Post-Season (State Championships @ CV State Park)	@ TBD	TBD		Chenango Valley State Park		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:15 PM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L

Date: 2026-01-10