



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 10, 2022	Sat	Regular Season ("Flash" Forbes Invite)	@ TBD	TBD		Fortin Park		Departure Point: IHS Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM	L
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter Invite)	@ TBD	TBD		CV - Multi-Purpose Field		Departure Point: IHS Departure Time: 7:15 AM Return Date: Return Time: 1:00 PM	L
Sep 20, 2022	Tue	Regular Season (West Division Championship)	@ TBD	TBD		Park Station		Departure Point: IHS Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	11:00 AM		Bville - Durgee Jr. High School		Departure Point: IHS Departure Time: 9:00 AM Return Date: Return Time: 2:30 PM	L
Oct 1, 2022	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		Genesee Valley Park, Rochester		Departure Point: IHS Departure Time: 10:30 AM Return Date: Return Time: 5:45 PM	L
Oct 6, 2022	Thu	Regular Season (Bob Greene Invitational)	@ TBD	4:15 PM		Newark Valley High School	Class Dismissal: 1:30 PM	Departure Point: IHS Departure Time: 2:00 PM Return Date: Return Time: 6:00 PM	L
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational @ Van Cortlandt Park)	@ TBD	TBD		Van Cortlandt Park		Departure Point: IHS Departure Date: Oct 7, 2022 Departure Time: 7:00 AM Return Date: Oct 8, 2022 Return Time: 8:00 PM	L
Oct 15, 2022	Sat	Regular Season (Marathon Invite)	@ TBD	9:00 AM		Appleby E S		Departure Point: IHS Departure Time: 8:30 AM Return Date: Return Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2022	Sat	Regular Season (STAC)	Corning-Painted Post, Elmira, Horseheads, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy			Departure Point: IHS Departure Time: 8:50 AM Return Date: Return Time: 4:00 PM
Oct 25, 2022	Tue	Regular Season (@ Owego)	@ TBD	4:30 PM		TBD	Class Dismissal: 2:00 PM		Departure Point: IHS Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM
Nov 3, 2022	Thu	Regular Season (State Qualifier)	@ TBD	TBD		Chenango Valley State Park	Class Dismissal: 10:30 AM		Departure Point: IHS Departure Time: 10:45 AM Return Date: Return Time: 4:30 PM
Nov 12, 2022	Sat	Post-Season (State Championships)	@ TBD	TBD		Cross Country Course			Departure Point: IHS Departure Date: Nov 11, 2022 Departure Time: 11:00 AM Return Date: Nov 12, 2022 Return Time: 4:00 PM
Nov 19, 2022	Sat	Post-Season (Federation Championships)	@ TBD	1:40 PM		Bowdoin Park			Departure Point: IHS Departure Date: Nov 18, 2022 Departure Time: 9:00 AM Return Date: Nov 19, 2022 Return Time: 4:00 PM

Date: 2025-12-22