



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 16, 2023	Sat	Regular Season (Vernon Verona-Sherrill Invite)	@ TBD	TBD	TBD		Departure Point: IHS		
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	@ TBD	1:20 PM	TBD		Departure Point: IHS		
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	@ TBD	2:20 PM	4:30 PM	Genesee Valley Park, Rochester	Departure Point: IHS		L
Oct 14, 2023	Sat	Regular Season (Marathon Invite)	@ TBD	TBD	TBD		Class Dismissal: 9:15 AM		L
Oct 14, 2023	Sat	Regular Season (Manhattan College Invite)	@ TBD	TBD		Van Cortlandt Park	Departure Point: IHS		L
Oct 21, 2023	Sat	Regular Season (STAC Championships)	@ TBD	TBD	TBD		Departure Point: IHS		NL
Oct 24, 2023	Tue	Regular Season (Owego Last Chance Invite)	@ Owego Apalachin	5:00 PM		Owego Free Academy	Departure Point: IHS		NL
Nov 2, 2023	Thu	Post-Season (Sectional Championships)	@ TBD	TBD	TBD		Departure Point: IHS		NL
Nov 11, 2023	Sat	Post-Season (NYS Championships)	@ TBD	1:00 PM		Cross Country Course	Departure Point: IHS		NL
Departure Date: Oct 13, 2023 Departure Time: 9:30 AM Return Date: Oct 14, 2023 Return Time: 6:00 PM									

Date: 2026-01-16