



# 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
Aug 31, 2024	Sat	Regular Season (Lansing Lighthouse 5k - Myers Park)	TBD	8:15 AM		TBD			L
Sep 7, 2024	Sat	Regular Season (Corning Cross Country Action Figure Relays)	TBD	10:45 AM		TBD		Departure Point: IHS Departure Time: 8:00 AM	NL
Sep 13, 2024	Fri	Regular Season (Owego Night Invite)	TBD	7:00 PM		Owego Free Academy		Departure Point: IHS Departure Time: 4:30 PM	NL
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invite)	TBD	11:00 AM		Bville - Durgee Cross Country Trail		Departure Point: IHS Departure Time: 9:00 AM	NL
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	2:00 PM		Genesee Valley Park, Rochester		Departure Point: IHS Departure Time: 10:00 AM	NL
Oct 5, 2024	Sat	Regular Season (McDaniel-Baxter Invite)	TBD	9:00 AM		CV - HS Rock Pile Field		Departure Point: IHS Departure Time: 7:00 AM	NL
Oct 11, 2024	Fri	Regular Season (Newark Valley/Bob Greene Invitational)	@ TBD	4:00 PM	6:30 PM	Newark Valley High School	Class Dismissal: 1:30 PM	Departure Point: IHS Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM	NL
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	10:35 AM		Appleby E S		Departure Point: IHS Departure Time: 8:00 AM	NL
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning-Painted Post, Elmira, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, TBD, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	12:00 PM		Fortin Park		Departure Point: IHS Departure Time: 8:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 7, 2024	Thu	Post-Season (Sectionals)	@ TBD	2:30 PM		Chenango Valley State Park	<b>Class Dismissal:</b> 9:45 AM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 10:00 AM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	NL
Nov 16, 2024	Sat	Post-Season (States)	@ TBD	12:30 PM		Queensbury HS		<b>Departure Point:</b> IHS <b>Departure Date:</b> Nov 15, 2024	NL

Date: 2026-01-05