



Ithaca

(G) 7/8TH Cross Country

Coaches:

- Jennifer Visscher, Head Coach
- Emily Blake, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-------------------|------------|----------|-------------------------------------|---------------------------------|---|---------------------|
| Sep 16, 2023 | Sat | Regular Season (McDaniel Baxter Invite) | @ TBD | TBD | | TBD | | Departure Point: IHS Departure Time: 7:15 AM Return Date: Return Time: 1:30 PM | NL |
| Sep 23, 2023 | Sat | Regular Season (Baldwinsville Invite) | @ TBD | TBD | | TBD | | Departure Point: IHS Departure Time: 10:00 AM Return Date: Return Time: 2:30 PM | NL |
| Sep 30, 2023 | Sat | Regular Season (McQuaid Invite) | @ TBD | TBD | | Genesee Valley Park, Rochester | | Departure Point: IHS Departure Time: 11:30 AM Return Date: Return Time: 6:00 AM | NL |
| Oct 6, 2023 | Fri | Regular Season (Bob Greene Invite) | @ TBD | TBD | | TBD | Class Dismissal: 1:15 PM | Departure Point: Boynton Departure Time: 1:30 PM Return Date: Return Time: 6:00 PM | NL |
| Oct 14, 2023 | Sat | Regular Season (Marathon Invite) | TBD | TBD | | TBD | | | NL |
| Oct 21, 2023 | Sat | Post-Season (STAC Championships) | TBD | TBD | | TBD | | | L |
| Oct 24, 2023 | Tue | Post-Season (Owego Last Chance Meet) | @ Owego Apalachin | 5:00 PM | | Owego Free Academy | | | L |
| Oct 28, 2023 | Sat | Post-Season (Battle of Hynes Hill) | @ TBD | TBD | | Ann G. McGuinness Elementary School | | | NL |

Date: 2024-05-18