



# 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			NL
							<b>Departure Point:</b> IHS		
							<b>Departure Time:</b> 7:15 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 1:30 PM		
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	@ TBD	TBD		TBD			NL
							<b>Departure Point:</b> IHS		
							<b>Departure Time:</b> 10:00 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 2:30 PM		
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		Genesee Valley Park, Rochester			NL
							<b>Departure Point:</b> IHS		
							<b>Departure Time:</b> 11:30 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 6:00 AM		
Oct 6, 2023	Fri	Regular Season (Bob Greene Invite)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 1:15 PM		NL
							<b>Departure Point:</b> Boynton		
							<b>Departure Time:</b> 1:30 PM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 6:00 PM		
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: 2024-05-05