



Ithaca (G) 7/8TH Cross Country

Coaches:

- Jennifer Visscher, Head Coach
- Emily Blake, Asst Coach
- Kim Lazzaro, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter @ TBD Invite)		9:00 AM		CV - Multi- Purpose Field	Departure Point: IHS Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	L
Sep 20, 2022	Tue	Regular Season (West Division Championship)	@ TBD	TBD	TBD		Departure Point: IHS Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM	L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational @ Durgee Jr High)	@ TBD	1:40 PM		Durgee Junior HS, Baldwinsville	Departure Point: IHS Departure Time: 11:00 AM Return Date: Return Time: 2:30 PM	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:05 PM		Genesee Valley Park, Rochester	Departure Point: IHS Departure Time: 12:00 PM Return Date: Return Time: 4:00 PM	NL
Oct 6, 2022	Thu	Regular Season (Bob Greene Invitational)	@ TBD	4:00 PM		Newark Valley High School	Departure Point: IHS Departure Time: 2:15 PM Return Date: Return Time: 6:00 PM	NL
Oct 15, 2022	Sat	Regular Season (Marathon Invite)	@ TBD	9:55 AM		Appleby E S	Departure Point: IHS Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (STAC)	Corning- Painted Post, Elmira, Horseheads, Binghamton, Johnson City, Maine- Endwell, Union- Endicott, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM		Owego Free Academy	Departure Point: IHS Departure Time: 10:00 AM	L
Oct 29, 2022	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann G. McGuinness Elementary School	Departure Point: IHS Departure Time: 7:15 AM Return Date: Return Time: 2:00 PM	L

Date: 2026-01-16