



# 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 Invite)	@ TBD	9:00 AM		CV - Multi-Purpose Field		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L
Sep 20, 2022	Tue	Regular Season (West Division Championship )	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 1:00 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational @ Durgee Jr High)	@ TBD	1:40 PM		Durgee Junior HS, Baldwinsville		<b>Departure Point:</b> IHS <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:30 PM	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:05 PM		Genesee Valley Park, Rochester		<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	NL
Oct 6, 2022	Thu	Regular Season (Bob Greene Invitational)	@ TBD	4:00 PM		Newark Valley High School	<b>Class Dismissal:</b> 1:15 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	NL
Oct 15, 2022	Sat	Regular Season (Marathon Invite)	@ TBD	9:55 AM		Appleby E S		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / 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		<b>Departure Point:</b> IHS <b>Departure Time:</b> 10:00 AM	L
Oct 29, 2022	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann G. McGuinness Elementary School		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L

Date: 2026-01-16