



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