



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 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: 2026-01-19