



# 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 13, 2024	Fri	Regular Season (Owego Night Invite)	TBD	6:30 PM		Owego Free Academy	Departure Point: Boynton Departure Time: 4:00 PM		NL
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invite)	TBD	12:30 PM		Durgee Junior HS, Baldwinsville	Departure Point: IHS Departure Time: 9:45 AM		NL
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:00 PM		Genesee Valley Park, Rochester	Departure Point: IHS Departure Time: 11:15 AM		NL
Oct 5, 2024	Sat	Regular Season (McDaniel-Baxter Inivte)	TBD	9:00 AM		CV - HS Rock Pile Field	Departure Point: IHS Departure Time: 6:45 AM		NL
Oct 11, 2024	Fri	Regular Season (Newark Valley/Bob Greene Invitational)	@ TBD	4:00 PM		Newark Valley High School	Class Dismissal: 1:30 PM Departure Point: Boynton Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM		NL
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	8:45 AM		Appleby E S	Departure Point: IHS Departure Time: 7:00 AM		NL
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, Seton Catholic Central, Norwich, Susquehanna Valley, Windsor, TBD @ Oneonta	12:00 PM		TBD			NL
Nov 2, 2024	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	9:00 AM		Ann G. McGuinness Elementary School	Departure Point: IHS Departure Time: 7:00 AM Return Date: Return Time: 11:00 AM		NL

Date: 2026-01-19