



# Ithaca

## (B) V Cross Country

### Coaches:

- Leann Young, Head Coach
- Ian Golden, Head Coach

| DATE         | WEEK DAY | TYPE   | OPPONENTS         | START TIME | END TIME | LOCATION   | DEPARTURE                       | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-------------------|------------|----------|--|---------------------------------|--|---------------------|
| Sep 16, 2023 | Sat      | Regular Season (Vernon Verona-Sherrill Invite) | @ TBD             | 11:00 AM   |          | Cross Country Course                             |                                 | <b>Departure Point:</b> IHS<br><b>Departure Time:</b> 8:00 AM<br><b>Return Date:</b><br><b>Return Time:</b> 3:00 PM  | NL                  |
| Sep 23, 2023 | Sat      | Regular Season (Baldwinsville Invite)          | @ TBD             | 11:40 AM   | 3:30 PM  | TBD  |                                 | <b>Departure Point:</b> IHS<br><b>Departure Time:</b> 8:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 3:30 PM  | NL                  |
| Sep 30, 2023 | Sat      | Regular Season (McQuaid Invite)                | @ TBD             | 2:20 PM    | 4:30 PM  | Genesee Valley Park, Rochester                   |                                 | <b>Departure Point:</b> IHS<br><b>Departure Time:</b> 10:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 6:00 PM                                       | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Marathon Invite)               | @ TBD             | TBD        |          | TBD  |                                 | <b>Departure Point:</b> IHS  | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Manhattan College Invite)      | @ TBD             | TBD        |          | Van Cortlandt Park                               | <b>Class Dismissal:</b> 9:15 AM | <b>Departure Point:</b> IHS<br><b>Departure Date:</b> Oct 13, 2023<br><b>Departure Time:</b> 9:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 6:00 PM | L                   |
| Oct 21, 2023 | Sat      | Regular Season (STAC Championships)            | @ TBD             | TBD        |          | Ann G McGuinness Elementary Cross Country Course |                                 | <b>Departure Point:</b> IHS  | NL                  |
| Oct 24, 2023 | Tue      | Regular Season (Owego Last Chance Invite)      | @ Owego Apalachin | 5:00 PM    |          | Owego Free Academy                               |                                 | <b>Departure Point:</b> IHS  | NL                  |
| Nov 2, 2023  | Thu      | Post-Season (Sectional Championships)          | @ TBD             | TBD        |          | Chenango Valley State Park                       |                                 | <b>Departure Point:</b> IHS  | NL                  |
| Nov 11, 2023 | Sat      | Post-Season (NYS Championships)                | @ TBD             | 2:30 PM    |          | Cross Country Course                             |                                 | <b>Departure Point:</b> IHS<br><b>Departure Time:</b> 9:00 AM  | NL                  |

Date: 2024-05-06