



Ithaca (B) 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 21, 2021	Tue	Regular Season (West Division Championships)	Horseheads, Corning-Painted Post @ Elmira	4:30 PM		Park Station	Class Dismissal: 2:00 PM	Departure Point: IHS Departure Time: 2:45 PM L Return Date: Return Time: 8:00 PM
Sep 25, 2021	Sat	Regular Season (Baldwinsville Invitational @ Durgee Jr High)	@ TBD	10:00 AM		TBD		Departure Point: IHS Departure Time: 9:00 AM L Return Date: Return Time: 4:00 PM
Oct 2, 2021	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park, Rochester		Departure Point: IHS Departure Time: 11:30 PM L Return Date: Return Time: 4:00 PM
Oct 8, 2021	Fri	Regular Season (Bob Greene Invitational)	@ TBD	3:45 PM		Newark Valley High School	Class Dismissal: 2:00 PM	Departure Point: IHS Departure Time: 2:30 PM L Return Date: Return Time: 8:00 PM
Oct 16, 2021	Sat	Regular Season	@ TBD	9:30 AM		Appleby E S		Departure Point: IHS Departure Time: 8:00 AM L Return Date: Return Time: 4:00 PM
Oct 23, 2021	Sat	Regular Season (STAC Championships)	@ TBD	12:00 PM	3:00 PM	Fortin Park		Departure Point: IHS Departure Time: 10:00 AM L Return Date: Return Time: 4:00 PM
Oct 25, 2021	Mon	Regular Season (Central Division Crossover)	@ TBD	TBD		Owego Free Academy	Class Dismissal: 2:45 PM	Departure Point: IHS Departure Time: 3:30 PM L Return Date: Return Time: 8:00 PM
Oct 30, 2021	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann G. McGuinness Elementary School		Departure Point: IHS Departure Time: 8:00 AM L Return Date: Return Time: 2:00 PM