



Lansing

(G) V Cross Country

Coaches:

- Mia Cote, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Regular Season 0-0-0-0-0-3 W	Groton, Marathon, Odessa-Montour, Watkins Glen @ Trumansburg	5:00 PM		Football Practice Field	Bus/Driver: Trip #24027	Departure Point: LHS Departure Time: 3:00 PM	L
Sep 11, 2024	Wed	Practice (Team Pictures)	N/A	3:00 PM		TBD			
Sep 21, 2024	Sat	Regular Season (Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	Bus/Driver: Trip #24049	Departure Point: LHS Departure Time: 7:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Elmira Heights, Notre Dame, Elmira, Moravia, Odessa-Montour, Whitney Point	5:00 PM		Lansing Varsity Field (Sobus)			L
Sep 28, 2024	Sat	Regular Season (Invitational)	@ McQuaid Jesuit	TBD		Genesee Valley Park	Bus/Driver: Trip #24066	Departure Point: LHS Departure Time: 6:15 AM	NL
Oct 8, 2024	Tue	Regular Season (IAC Divisional Championship)	Notre Dame, Elmira, Elmira Heights, Watkins Glen, Dryden, Trumansburg, Whitney Point @ Newark Valley	4:30 PM		Newark Valley High School	Bus/Driver: Trip #24094	Departure Point: LHS Departure Time: 2:45 AM	L
Oct 12, 2024	Sat	Regular Season (Norwich Tornado 5000)	TBD, Unadilla Valley (UV/GMU), Sidney, Bainbridge Guilford, Elmira Heights @ Norwich	TBD		General Clinton Park - Bainbridge			L
Oct 19, 2024	Sat	Regular Season (Invitational)	@ Marathon	TBD		Appleby E S	Bus/Driver: Trip #24109	Departure Point: LHS Departure Time: 7:30 AM	NL

Date: 2025-12-05