



Lansing

(B) V Cross Country

Coaches:

- Mia Cote, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2021	Tue	Regular Season (HS soccer field instead of the state park this year)	Groton, Waverly, Notre Dame, Elmira @ Watkins Glen	5:00 PM	7:00 PM	W G Soccer Field	Bus/Driver: Trip # 20361	Departure Time: 2:45 PM	L
Sep 14, 2021	Tue	Regular Season (Senior Night!)	Groton, Moravia, Southern Cayuga, Watkins Glen @ Trumansburg	5:00 PM		Stadium Field	Bus/Driver: Trip # 20381	Departure Time: 3:00 PM	L
Sep 21, 2021	Tue	Regular Season	Whitney Point, Waverly, Newark Valley, Spencer-Van Etten (S-VE Panthers), Candor (Candor) @ Dryden	5:00 PM		Dryden HS	Bus/Driver: Trip #20397	Departure Time: 2:45 PM	L
Oct 5, 2021	Tue	Regular Season (Divisionals)	Dryden, Marathon, TBD, Southern Cayuga, Trumansburg, Whitney Point @ Groton	4:30 PM	7:00 PM	Stone Hedges Golf Course	Bus/Driver: Trip # 20447	Departure Time: 2:45 PM	L
Nov 4, 2021	Thu	Post-Season (Sectionals)	@ TBD	TBD		Chenango Valley State Park	Bus/Driver: Trip # 20521	Departure Point: LHS Departure Time: 7:30 AM Return Date: Return Time: 4:30 PM	NL
Nov 12, 2021	Fri	Practice (States Course Preview)	N/A	TBD		Chenango Valley State Park	Bus/Driver: Trip # 20528	Departure Point: LHS Departure Time: 12:00 PM Return Date: Return Time: 4:00 PM	
Nov 13, 2021	Sat	Regular Season (State Championships)	TBD	9:30 AM	2:00 PM	Chenango Valley State Park	Bus/Driver: Trip # 20529	Departure Point: LHS Departure Time: 7:15 AM Return Date: Return Time: 2:00 PM	L

Date: 2026-01-21