



Lansing

(B) 7/8TH Cross Country

Coaches:

- Meghan McVey, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2025	Tue	Regular Season	Moravia, Marathon, Newark Valley @ Southern Cayuga	5:00 PM		Southern Cayuga HS Track	Bus/Driver: Trip #24742	Departure Point: LHS Departure Time: 3:45 PM	L
Sep 16, 2025	Tue	Regular Season (WG State Park Invite - Senior Night)	Watkins Glen, TBD, Elmira Heights, Tioga @ TBD	5:00 PM	7:30 PM	Watkins Glen State Park	Bus/Driver: Trip #24760	Departure Point: LHS Departure Time: 3:00 PM	L
Sep 22, 2025	Mon	Regular Season	Candor (Candor), Elmira Heights @ Elmira Heights	5:00 PM		Newtown Battlefield	Bus/Driver: Trip #24775	Departure Point: LHS Departure Time: 2:45 PM	L
Oct 18, 2025	Sat	Regular Season (Invitational)	@ Marathon	TBD		Appleby E S	Bus/Driver: Trip #24843	Departure Point: LHS Departure Time: 7:15 AM	L

Date: 2026-01-30