



# Ithaca

## (G) V Cross Country

### Coaches:

- Rebecca Lovenheim, Head Coach
- Amy Boscia, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2024	Sat	Regular Season (Lansing Lighthouse 5k - Myers Park)	TBD	TBD		TBD			L
Sep 7, 2024	Sat	Regular Season (Corning Cross Country Action Figure Relays)	TBD	8:00 AM		Watson Homestead, Painted Post, NY		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:00 AM	NL
Sep 13, 2024	Fri	Regular Season (Owego Night Invite)	TBD	7:00 PM		Owego Free Academy		<b>Departure Point:</b> IHS <b>Departure Time:</b> 5:00 PM	NL
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invite)	TBD	11:00 AM		Bville - Durgee Cross Country Trail		<b>Departure Point:</b> IHS <b>Departure Time:</b> 9:00 AM	NL
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:00 PM		Genesee Valley Park, Rochester		<b>Departure Point:</b> IHS <b>Departure Time:</b> 11:00 AM	NL
Oct 5, 2024	Sat	Regular Season (McDaniel-Baxter Invite)	TBD	9:00 AM		CV - HS Rock Pile Field		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:30 AM	NL
Oct 11, 2024	Fri	Regular Season (Newark Valley/Bob Greene Invitational)	@ TBD	4:00 PM	6:30 PM	Newark Valley High School	<b>Class Dismissal:</b> 2:00 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational - Saratoga Spa Park)	@ TBD	12:15 PM		ARMORY TRACK & FIELD		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:00 AM	NL
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	8:45 AM		Appleby E S		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM	NL
Oct 26, 2024	Sat	Regular Season (STAC Championships)	@ TBD	TBD		TBD		<b>Departure Point:</b> IHS	L

Date: 2024-08-16