



# Ithaca

## (G) 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 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:00 PM		Genesee Valley Park, Rochester			NL
							<b>Departure Point:</b> IHS <b>Departure Time:</b> 11:15 AM		
Oct 11, 2024	Fri	Regular Season (Newark Valley/Bob Greene Invitational)	@ TBD	4:00 PM		Newark Valley High School	<b>Class Dismissal:</b> 1:30 PM		NL
							<b>Departure Point:</b> Boynton <b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM		
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	8:45 AM		Appleby E S			NL
							<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:00 AM		
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	9:00 AM		TBD			NL
Nov 2, 2024	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann G. McGuinness Elementary School			NL
							<b>Departure Point:</b> IHS		

Date: 2024-09-17