



Ithaca

(B) 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 17, 2022 | Sat | Regular Season (McDaniel/Baxter Invite) | @ TBD | 9:00 AM | | CV - Multi-Purpose Field | | Departure Point: IHS Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM | L |
| Sep 20, 2022 | Tue | Regular Season (West Division Championship) | @ TBD | TBD | | TBD | Class Dismissal: 1:00 PM | Departure Point: IHS Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM | L |
| Sep 24, 2022 | Sat | Regular Season (Baldwinsville Invitational @ Durgee Jr High) | @ TBD | 2:15 PM | | Durgee Junior HS, Baldwinsville | | Departure Point: IHS Departure Time: 11:00 AM Return Date: Return Time: 2:30 PM | NL |
| Oct 1, 2022 | Sat | Regular Season (McQuaid Invitational) | @ TBD | 3:15 PM | | Genesee Valley Park, Rochester | | Departure Point: IHS Departure Time: 12:00 PM Return Date: Return Time: 4:00 PM | NL |
| Oct 6, 2022 | Thu | Regular Season (Bob Greene Invitational) | @ TBD | 5:10 PM | | Newark Valley High School | Class Dismissal: 1:15 PM | Departure Point: IHS Departure Time: 2:15 PM Return Date: Return Time: 6:00 PM | NL |
| Oct 15, 2022 | Sat | Regular Season (Marathon Invite) | @ TBD | 9:35 AM | | Appleby E S | | Departure Point: IHS Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------------------------|---|------------|----------|-------------------------------------|---------------------------------|----------------|---------------------|
| Oct 22, 2022 | Sat | Regular Season (STAC) | Corning-Painted Post, Elmira, Horseheads, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin | 11:00 AM | | Owego Free Academy | | | L |
| | | | | | | | Departure Point: IHS | | |
| | | | | | | | Departure Time: 10:00 AM | | |
| | | | | | | | Return Date: | | |
| | | | | | | | Return Time: 4:00 PM | | |
| Oct 29, 2022 | Sat | Regular Season (Battle of Hynes Hill) | @ TBD | TBD | | Ann G. McGuinness Elementary School | | | L |
| | | | | | | | Departure Point: IHS | | |
| | | | | | | | Departure Time: 7:15 PM | | |
| | | | | | | | Return Date: | | |
| | | | | | | | Return Time: 2:00 PM | | |

Date: 2024-09-27