



Ithaca

(B) V Outdoor Track

Coaches:

- Rebecca Lovenheim, Head Coach
- Cole Clemons, Asst Coach
- Ian Golden, Asst Coach
- Khiry Brown, Asst Coach
- Laura Barre, Volunteer
- Amy Boscia, Volunteer
- Lauren Lansdowne, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Apr 4, 2023	Tue	Regular Season	Vestal @ Binghamton	5:30 PM		Alumni Stadium	Class Dismissal: 3:15 PM	Departure Point: IHS Departure Date: Apr 4, 2023 Departure Time: 3:30 PM Return Date: Apr 4, 2023 Return Time: 7:30 PM	L
Apr 11, 2023	Tue	Regular Season	Oneonta @ Norwich	4:30 PM	6:30 PM	NHS Turf Field		Departure Point: IHS Departure Date: Apr 11, 2023 Departure Time: 2:00 PM Return Date: Return Time: 6:30 PM	L
Apr 13, 2023	Thu	Regular Season	@ Horseheads	5:30 PM		HHS HS Stadium Field 1		Departure Point: IHS Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Apr 22, 2023	Sat	Regular Season	(Square Deal @ TBD Invite)	4:30 PM	6:30 PM	JC HS Track		Departure Point: IHS Departure Date: Apr 22, 2023 Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	NL
Apr 25, 2023	Tue	Regular Season	@ Elmira (Elmira Express)	5:00 PM		EHS Stadium	Class Dismissal: 2:45 PM	Departure Point: IHS Departure Date: Apr 25, 2023 Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L
Apr 28, 2023	Fri	Regular Season	Groton, Binghamton, Trumansburg, Candor (Candor), Newark Valley, Union-Endicott, Odessa-Montour, Solvay	5:00 PM	9:30 PM	IHS Moresco Stadium			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 5, 2023	Fri	Regular Season (Golden Bear Relays)	@ TBD	5:00 PM	7:30 PM	Vestal Dick Hoover Stadium	Class Dismissal: 2:45 PM	Departure Point: IHS Departure Date: May 5, 2023 Departure Time: 3:00 PM Return Date: 7:00 PM	NL
May 8, 2023	Mon	Regular Season (Senior Night)	Corning-Painted Post	5:00 PM	8:00 PM	IHS Moresco Stadium			L
May 13, 2023	Sat	Regular Season (Parkhurst Invitational)	@ TBD	12:00 PM	2:30 PM	UEHS Mike Miller Track		Departure Point: IHS Departure Time: 9:45 AM Return Date: 4:00 PM	NL
May 17, 2023	Wed	Post-Season (STAC Championships)	@ TBD	5:00 PM	8:00 PM	Vestal Dick Hoover Stadium	Class Dismissal: 2:15 PM	Departure Point: IHS Departure Time: 2:30 PM Return Date: 8:00 PM	L
May 20, 2023	Sat	Regular Season (3 Bald Guys/Need For Speed)	@ TBD	10:00 AM	2:00 PM	JC HS Track		Departure Point: IHS Departure Time: 8:00 AM Return Date: 2:00 PM	NL
May 23, 2023	Tue	Post-Season (Class A Meet)	@ TBD	5:00 PM	8:00 PM	Vestal Dick Hoover Stadium	Class Dismissal: 2:15 PM	Departure Point: IHS Departure Time: 2:30 PM Return Date: 9:30 PM	NL
May 31, 2023	Wed	Post-Season (State Qualifiers)	@ TBD	5:00 PM	9:00 PM	UEHS Mike Miller Track			NL
Jun 1, 2023	Thu	Post-Season (State Qualifiers)	@ TBD	5:00 PM	9:00 PM	UEHS Mike Miller Track			L
Jun 9, 2023	Fri	Post-Season (State Championships)	@ TBD	11:00 AM	7:30 PM	Middletown HS			NL
Jun 10, 2023	Sat	Post-Season (State Championships)	@ TBD	10:00 AM	3:00 PM	Middletown HS			L

Date: 2024-05-04