



Ithaca

(G) V Outdoor Track

Coaches:

- Rebecca Lovenheim, Head Coach
- Lauren Lansdowne, Head Coach
- Brandon Cornell, Asst Coach
- Tevin Smith, Asst Coach
- David Burke, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 4, 2023	Tue	Regular Season	@ 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: Return Time: 7:30 PM	L
Apr 11, 2023	Tue	Regular Season 63-56-27 W	Oneonta @ Norwich	4:30 PM	6:30 PM	NHS Stadium (Turf Field)		Departure Point: IHS Departure Time: 2:00 PM Return Date: Return Time: 6:30 PM	L
Apr 13, 2023	Thu	Regular Season	@ Horseheads	5:30 PM	7:30 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 Invite)	@ TBD	4:30 PM	6:30 PM	JC Wildcat Stadium		Departure Point: IHS 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 Time: 3:00 PM Return Date: Return Time: 7:00 PM	L
Apr 28, 2023	Fri	Regular Season (ITHACA RELAYS)	Trumansburg, Candor (Candor), Newark Valley, Groton, Binghamton, TBD, Union-Endicott, Odessa-Montour, TBD	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: May 5, 2023 Return Time: 7:30 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)	@ Union-Endicott	12:00 PM	4:00 PM	UEHS Mike Miller Track	Class Dismissal: 9:45 PM	Departure Point: IHS Departure Date: May 13, 2023 Departure Time: 12:00 PM Return Date: May 13, 2023 Return Time: 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: Return Time: 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: Return Time: 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: Return Time: 9:30 PM	NL
May 31, 2023	Wed	Post-Season (Sectional Qualifiers)	@ TBD	5:00 PM	9:00 PM	UEHS Mike Miller Track			NL
Jun 1, 2023	Thu	Post-Season (Sectional Qualifiers)	@ TBD	5:00 PM	9:00 PM	UEHS Mike Miller Track			NL
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	3:30 PM	Middletown HS			NL

Date: 2026-05-23