



# Ithaca

## (G) V Outdoor Track

### Coaches:

- Rebecca Lovenheim, Head Coach
- Cole Clemons, Asst Coach
- Ian Golden, Asst Coach
- Khiry Brown, Asst Coach
- 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	@ Binghamton	5:30 PM		Alumni Stadium	<b>Class Dismissal:</b> 3:15 PM	<b>Departure Point:</b> IHS <b>Departure Date:</b> Apr 4, 2023 <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Apr 11, 2023	Tue	Regular Season 63-56-27 W	Oneonta @ Norwich	4:30 PM	6:30 PM	NHS Turf Field		<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Apr 13, 2023	Thu	Regular Season	@ Horseheads	5:30 PM	7:30 PM	HHS HS Stadium Field 1		<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Apr 22, 2023	Sat	Regular Season (Square Deal Invite)	@ TBD	4:30 PM	6:30 PM	JC Wildcat Stadium		<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL
Apr 25, 2023	Tue	Regular Season	@ Elmira (Elmira Express)	5:00 PM		EHS Stadium	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 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	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> IHS <b>Departure Date:</b> May 5, 2023 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> May 5, 2023 <b>Return Time:</b> 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	<b>Class Dismissal:</b> 9:45 PM	<b>Departure Point:</b> IHS <b>Departure Date:</b> May 13, 2023 <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> May 13, 2023 <b>Return Time:</b> 4:00 PM	NL
May 17, 2023	Wed	Post-Season (STAC Championships)	@ TBD	5:00 PM	8:00 PM	Vestal Dick Hoover Stadium	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 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		<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	NL
May 23, 2023	Tue	Post-Season (Class A Meet)	@ TBD	5:00 PM	8:00 PM	Vestal Dick Hoover Stadium	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 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 Chamnpionships)	@ TBD	10:00 AM	3:30 PM	Middletown HS			NL

Date: 2024-05-03