



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
Mar 28, 2024	Thu	Regular Season (Rotary Relays-Chenango Forks)	@ TBD	4:30 PM		TBD	Class Dismissal: 2:15 PM	Departure Point: IHS Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Apr 9, 2024	Tue	Regular Season	Norwich	4:30 PM	7:30 PM	IHS Moresco Stadium			NL
Apr 13, 2024	Sat	Regular Season (NY/PA Invitational)	@ TBD	10:00 AM		Windsor High School Track		Departure Time: 7:45 AM Return Date: Return Time: 5:00 PM	L
Apr 16, 2024	Tue	Regular Season	Elmira (Elmira Express)	4:30 PM	7:30 PM	IHS Moresco Stadium			L
Apr 20, 2024	Sat	Regular Season (Square Deal Invite -Johnson City)	@ TBD	10:00 AM		TBD		Departure Point: IHS Departure Time: 7:45 AM	L
Apr 23, 2024	Tue	Regular Season	Susquehanna Valley	5:00 PM	7:30 PM	IHS Moresco Stadium			NL
Apr 26, 2024	Fri	Regular Season (Ithaca relays)	Horseheads	4:30 AM		IHS Moresco Stadium			NL
Apr 26, 2024	Fri	Regular Season (Ithaca Relays and Races)	Trumansburg, Newark Valley	4:30 PM	9:00 PM	IHS Moresco Stadium			L
Apr 26, 2024	Fri	Regular Season (ithaca relays)	Groton	4:30 PM		IHS Moresco Stadium			L
Apr 26, 2024	Fri	Regular Season (Relays)	Rome Free Academy	4:30 PM		IHS Moresco Stadium			NL
Apr 26, 2024	Fri	Regular Season (Ithaca Relays)	Candor (Candor)	4:30 PM		IHS Moresco Stadium			L
Apr 30, 2024	Tue	Regular Season	Horseheads	5:00 PM	8:00 PM	IHS Moresco Stadium			L
May 4, 2024	Sat	Regular Season (Blue Shoes Invite - Horseheads)	@ TBD	9:00 AM		TBD		Departure Point: IHS Departure Time: 7:15 AM	L
May 7, 2024	Tue	Regular Season (Senior Night)	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium	Class Dismissal: 3:15 PM	Departure Point: IHS Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 9, 2024	Thu	Regular Season (Loucks Games - White Plains, NY)	@ TBD	TBD		TBD	Departure Point: IHS		L
May 10, 2024	Fri	Regular Season (Fast Times Invitational - Corning)	@ TBD	4:00 PM		TBD	Class Dismissal: 1:45 PM Departure Point: IHS Departure Time: 2:00 PM		L
May 15, 2024	Wed	Post-Season (STAC Championships - Johnson City)	@ TBD	4:30 PM		TBD	Class Dismissal: 2:00 PM Departure Point: IHS Departure Time: 2:15 PM		L
May 21, 2024	Tue	Post-Season (Section IV A/B Championships)	@ TBD	5:00 PM		TBD	Class Dismissal: 2:45 PM Departure Point: IHS Departure Time: 3:00 PM Return Date: Return Time: 8:00 PM		L
May 29, 2024	Wed	Post-Season (State Qualifiers - Union Endicott)	@ TBD	5:00 PM		TBD	Class Dismissal: 2:30 PM Departure Point: IHS Departure Time: 2:45 PM Return Date: Return Time: 8:00 PM		L
May 30, 2024	Thu	Post-Season (State Qualifiers - Union Endicott)	@ TBD	5:00 PM		TBD	Class Dismissal: 2:30 PM Departure Point: IHS Departure Time: 2:45 PM Return Date: Return Time: 8:00 PM		L
Jun 7, 2024	Fri	Post-Season (State Championships - Cicero North Syracuse)	@ TBD	11:30 AM		TBD	Departure Point: IHS Departure Time: 8:30 AM		NL
Jun 8, 2024	Sat	Post-Season (State Championships - Cicero North Syracuse)	@ TBD	10:00 AM		TBD	Departure Point: IHS Departure Time: 8:00 AM		NL

Date: 2024-04-19