



Ithaca

(G) V Winter Track

Coaches:

- Ian Golden, Head Coach
- Cole Clemons, Asst Coach
- Lauren Lansdowne, Asst Coach
- Khiry Brown, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2022	Fri	Regular Season (Hurley Weight Throw)	@ TBD	6:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 4:00 PM Return Date: Return Time: 9:00 PM	L
Dec 10, 2022	Sat	Regular Season (Hurley Invite)	@ TBD	2:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:00 PM	L
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite)	@ TBD	2:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:00 PM Return Date: Return Time: 9:00 PM	L
Jan 6, 2023	Fri	Regular Season (607 Weight Throw)	@ TBD	6:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 5:15 PM Return Date: Return Time: 9:00 PM	L
Jan 7, 2023	Sat	Regular Season (607 Invite)	@ TBD	5:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
Jan 13, 2023	Fri	Regular Season (Winter Classic Weight Throw)	@ TBD	6:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 5:15 PM Return Date: Return Time: 9:00 PM	L
Jan 14, 2023	Sat	Regular Season (Winter Classic Invite)	@ TBD	2:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:00 PM Return Date: Return Time: 6:00 PM	L
Jan 20, 2023	Fri	Regular Season (Quinney Invite)	@ TBD	5:00 PM		Ithaca College	Class Dismissal: 2:30 PM	Departure Point: IHS Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	12:30 PM		Cornell University		Departure Point: IHS Departure Time: 11:30 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 10, 2023	Fri	Regular Season (Section IV Class Meet)	@ TBD	5:00 PM		Ithaca College	Class Dismissal: 2:30 PM	Departure Point: IHS Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Feb 25, 2023	Sat	Regular Season (Section IV Championships)	@ TBD	9:00 AM		Cornell University		Departure Point: IHS Departure Time: 7:15 AM Return Date: Return Time: 2:00 PM	L
Mar 4, 2023	Sat	Regular Season (States)	@ TBD	TBD		Ocean Breeze Athletic Complex			L

Date: 2024-05-04