



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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 3, 2023	Sun	Regular Season (Ithaca College Bomber HS Invitational)	Elmira	9:30 PM		Ithaca College		L
Dec 8, 2023	Fri	Regular Season (Finger Lakes Invite @ Cortland: Weights on Friday)	TBD	6:00 PM		SUNY Cortland	Departure Point: IHS Departure Time: 5:00 PM	L
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invite @ Cortland)	TBD	2:00 PM		SUNY Cortland	Departure Point: IHS Departure Time: 12:15 PM	L
Dec 15, 2023	Fri	Regular Season (Winter Classic @ Suny Cortland: Weight Events)	TBD	5:00 PM		SUNY Cortland	Departure Point: IHS Departure Time: 3:00 PM	L
Dec 16, 2023	Sat	Regular Season (Winter Classic @ Suny Cortland)	TBD	2:00 PM		SUNY Cortland	Departure Point: IHS Departure Time: 12:15 PM	L
Jan 5, 2024	Fri	Regular Season (Hurley Invite @ Ithaca College)	TBD	4:30 PM		Ithaca College	Departure Point: IHS Departure Time: 3:00 PM	L
Jan 13, 2024	Sat	Regular Season (Jack Reed Showcase @ Nazareth University)	@ TBD	10:00 AM		TBD	Departure Point: IHS Departure Time: 7:15 AM	L
Jan 21, 2024	Sun	Regular Season (Finger Lakes Runners Club @ Barton Hall/Cornell)	TBD	9:00 AM		Cornell University	Departure Point: IHS	L
Feb 3, 2024	Sat	Regular Season (Quinney STAC invite @ Cortland)	TBD	6:00 PM		Cortland State	Departure Point: IHS Departure Time: 4:15 PM	L
CANCELLED Feb 9, 2024	Fri	Regular Season (Section IV Class Meet)	TBD	TBD		Ithaca College	Departure Point: IHS	L
Feb 17, 2024	Sat	Regular Season	TBD	6:00 PM		Cortland State	Departure Point: IHS Departure Time: 4:15 PM	L
Feb 25, 2024	Sun	Post-Season (Sectionals)	TBD	1:00 PM		Cornell University	Departure Point: IHS Departure Time: 12:30 PM	L
Mar 2, 2024	Sat	Post-Season (State Championships @ Ocean Breeze-Staten Island)	@ TBD	9:00 AM		TBD		L

Date: 2024-04-23