



# Ithaca

## (B) 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 (Bomber H.S. Invitational)	Elmira	9:30 AM		Ithaca College		L
Dec 3, 2023	Sun	Regular Season (Ithaca College Bomber HS Invitational)	TBD	9:30 AM		Ithaca College	<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:45 AM	L
Dec 8, 2023	Fri	Regular Season (Finger Lakes Invite @ Cortland: Weights on Friday)	TBD	6:00 PM		SUNY Cortland	<b>Departure Point:</b> IHS <b>Departure Time:</b> 5:00 PM	L
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invite @ Cortland)	TBD	2:00 PM		SUNY Cortland	<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:15 PM	L
Dec 15, 2023	Fri	Regular Season (Winter Classic @ Suny Cortland: Weight Events)	TBD	5:00 PM		SUNY Cortland	<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:00 PM	L
Dec 16, 2023	Sat	Regular Season (Winter Classic @ Suny Cortland)	TBD	2:00 PM		SUNY Cortland	<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:15 PM	L
Jan 5, 2024	Fri	Regular Season (Hurley Invite @ Ithaca College)	TBD	4:30 PM		Ithaca College	<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:00 PM	L
Jan 21, 2024	Sun	Regular Season (Finger Lakes Runners Club @ Barton Hall/Cornell)	TBD	9:00 AM		Cornell University	<b>Departure Point:</b> IHS <b>Departure Time:</b> 8:00 AM	L
Feb 3, 2024	Sat	Regular Season (Class A/B Championships)	TBD	6:00 PM		Cortland State	<b>Departure Point:</b> IHS <b>Departure Time:</b> 4:15 PM	L
CANCELLED Feb 9, 2024	Fri	Regular Season (Section IV Class Meet)	TBD	TBD		Ithaca College		L
Feb 17, 2024	Sat	Regular Season	TBD	6:00 PM		Cortland State	<b>Departure Time:</b> 4:15 PM	L
Feb 25, 2024	Sun	Post-Season (Sectionals)	TBD	1:00 PM		Cornell University	<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:30 PM	L

Date: 2024-05-03