



# Ithaca

## (B) V Winter Track

### Coaches:

- Lauren Lansdowne, Head Coach
- Rebecca Lovenheim, Head Coach
- Tevin Smith, Asst Coach
- Amy Boscia, Asst Coach
- Brandon Cornell, Volunteer

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			L
Dec 10, 2022	Sat	Regular Season (Hurley Invite)	@ TBD	2:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:00 PM	L
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite)	@ TBD	2:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 6, 2023	Fri	Regular Season (607 Weight Throw)	@ TBD	6:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 7, 2023	Sat	Regular Season (607 Invite)	@ TBD	5:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 13, 2023	Fri	Regular Season (Winter Classic Weight Throw)	@ TBD	6:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 5:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 14, 2023	Sat	Regular Season (Winter Classic Invite)	@ TBD	2:00 PM		SUNY Cortland		<b>Departure Point:</b> IHS <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Jan 20, 2023	Fri	Regular Season (Quinney Invite)	@ TBD	5:00 PM		Ithaca College	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	12:30 PM		Cornell University		<b>Departure Point:</b> IHS <b>Departure Time:</b> 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	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> IHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Feb 25, 2023	Sat	Regular Season (Section IV Championships)	@ TBD	9:00 AM		Cornell University		<b>Departure Point:</b> IHS <b>Departure Time:</b> 7:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Mar 4, 2023	Sat	Regular Season (States)	@ TBD	TBD		Ocean Breeze Athletic Complex			L

Date: 2025-12-05