



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 8, 2024	Sun	Regular Season (Ithaca College HS Invitational)	@ TBD	9:30 AM		Ithaca College			NL
Dec 13, 2024	Fri	Regular Season (607 Invitational (Throwing))	@ TBD	5:00 PM		SUNY Cortland	Class Dismissal: 3:30 PM	Departure Point: IHS Departure Time: 3:45 PM	NL
Dec 14, 2024	Sat	Regular Season (607 Invitational)	@ TBD	2:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:15 PM	NL
Dec 20, 2024	Fri	Regular Season (Section IV Classic - Throwing events)	@ TBD	5:00 PM		TBD	Class Dismissal: 3:30 PM	Departure Point: IHS Departure Time: 3:45 PM	NL
Dec 21, 2024	Sat	Regular Season (Section IV Classic)	@ TBD	2:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:15 PM	NL
Jan 3, 2025	Fri	Regular Season (Hurley Invite @ Ithaca College)	@ TBD	4:00 PM		Ithaca College	Class Dismissal: 3:00 PM	Departure Point: IHS Departure Time: 3:15 PM	NL
Jan 10, 2025	Fri	Regular Season (Winter Classic @ Suny Cortland)	@ TBD	7:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 5:15 PM	NL
Jan 17, 2025	Fri	Regular Season (Quinney STAC invite)	@ TBD	4:00 PM		Ithaca College	Class Dismissal: 3:00 PM	Departure Point: IHS Departure Time: 3:15 PM	NL
Jan 31, 2025	Fri	Regular Season (Penn Relays)	@ TBD	1:00 PM		TBD		Departure Point: IHS Departure Date: Jan 31, 2025 Departure Time: 7:00 AM Return Date: Feb 1, 2025 Return Time: 11:30 PM	NL
Feb 8, 2025	Sat	Regular Season (Section IV Class Meet)	@ TBD	1:00 PM		Cornell University		Departure Point: IHS Departure Time: 11:45 PM	NL
POSTPONED Feb 15, 2025	Sat	Regular Season (Finger Lakes Invite)	@ TBD	1:00 PM		SUNY Cortland		Departure Point: IHS Departure Time: 12:15 PM	NL
Feb 23, 2025	Sun	Regular Season (Section IV Championships)	@ TBD	2:00 PM		Cornell University		Departure Point: IHS Departure Time: 12:45 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 8, 2025	Sat	Regular Season (State Championships)	@ TBD	8:45 AM		Ocean Breeze Track and Field Complex	Class Dismissal: 9:45 AM	Departure Point: IHS Departure Date: Mar 7, 2025 Departure Time: 10:00 AM Return Date: Mar 8, 2025 Return Time: 6:30 PM	NL

Date: 2025-12-05