



Lansing

(G) V Outdoor Track

Coaches:

- Mia Cote, Head Coach
- Jason Peter, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 3, 2023	Mon	Regular Season	Whitney Point	5:45 PM		Lansing Varsity Field (Sobus)			L
Apr 11, 2023	Tue	Regular Season (Spring Fling Invite)	@ Marathon	4:00 PM		Appleby E S			L
Apr 13, 2023	Thu	Regular Season (Spring Fling Invite)	@ Marathon	4:30 PM		Appleby E S	Bus/Driver: Trip # 22371	Departure Point: LHS Departure Time: 2:00 PM	L
Apr 17, 2023	Mon	Regular Season	Moravia @ Groton	4:30 PM		Groton High Track/Practice Field	Bus/Driver: Trip # 22374	Departure Point: LHS Departure Time: 3:00 PM	L
Apr 22, 2023	Sat	Regular Season (Square Deal Invite)	TBD	10:00 AM		JC Wildcat Stadium	Bus/Driver: Trip # 22388	Departure Point: LHS Departure Time: 7:30 AM	NL
Apr 24, 2023	Mon	Regular Season	Marathon @ Union Springs	4:30 PM		U S M S and H S	Bus/Driver: TRip # 22396	Departure Point: LHS Departure Time: 2:45 PM	L
Apr 29, 2023	Sat	Regular Season (Moravia Relays)	Odessa-Montour, Spencer-Van Etten, Newfield, Watkins Glen, Tioga, Marathon @ Moravia	10:00 AM		Scarry Athletic Complex (Track)	Bus/Driver: Trip # 22415	Departure Point: LHS Departure Time: 8:15 AM	NL
POSTPONED May 1, 2023	Mon	Regular Season (Week 7)	Trumansburg, Dryden	4:30 PM		Lansing Varsity Field (Sobus)			L
May 8, 2023	Mon	Regular Season (Week 8)	Trumansburg, Dryden, Whitney Point @ Marathon	4:30 PM		Marathon H S	Bus/Driver: Trip # 22450 Class Dismissal: 2:05 PM	Departure Point: LHS Departure Time: 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 17, 2023	Wed	Regular Season (IAC Championships)	Southern Cayuga, Groton, Trumansburg, Union Springs, Marathon, Moravia, Whitney Point, Notre Dame, Elmira, Odessa-Montour, Watkins Glen, Newark Valley, Waverly, Newfield, Spencer-Van Etten, Tioga, Candor (Candor), Elmira Heights @ Dryden	4:45 PM		Dryden High School Stadium	Bus/Driver: Trip # 22485	Departure Point: LHS Departure Time: 3:15 PM	L
May 18, 2023	Thu	Regular Season (IAC Championships)	Southern Cayuga, Groton, Union Springs, Marathon, Trumansburg, Moravia, Whitney Point, Notre Dame, Elmira, Odessa-Montour, Watkins Glen, Newark Valley, Waverly, Newfield, Spencer-Van Etten, Tioga, Candor (Candor), Elmira Heights @ Dryden	4:45 PM		Dryden High School Stadium	Bus/Driver: Trip # 22486	Departure Point: LHS Departure Time: 3:15 PM	L
May 24, 2023	Wed	Post-Season (Section Championships)	@ Newark Valley	4:00 PM		Newark Valley High School	Bus/Driver: Trip # 22417 Class Dismissal: 1:20 PM	Departure Point: LHS Departure Time: 1:30 PM	L
May 31, 2023	Wed	Post-Season	@ Union-Endicott	5:00 PM		UEHS Mike Miller Track	Bus/Driver: Trip # 22528 Class Dismissal: 2:15 PM	Departure Point: LHS Departure Time: 2:15 PM	L
Jun 1, 2023	Thu	Post-Season	@ Union-Endicott	5:00 PM		UEHS Mike Miller Track	Bus/Driver: Trip # 22529 Class Dismissal: 2:15 PM	Departure Point: LHS Departure Time: 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 9, 2023	Fri	Post-Season (States)	@ TBD	TBD		Middletown HS	Bus/Driver: Trip #	Departure Point: LHS Departure Date: Jun 9, 2023 Departure Time: 6:45 AM	L
Jun 10, 2023	Sat	Post-Season (States)	@ TBD	TBD		Middletown HS	Bus/Driver: Trip #	Departure Point: LHS Departure Date: Jun 9, 2023 Departure Time: 6:45 AM	L

Date: 2025-12-17