



# 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
Mar 24, 2025	Mon	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track		Departure Point: LHS Departure Time: 2:45 PM	
Mar 26, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track		Departure Point: LHS Departure Time: 2:45 PM	
Mar 28, 2025	Fri	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track		Departure Point: LHS Departure Time: 2:45 PM	
Mar 31, 2025	Mon	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24444	Departure Point: LHS Departure Time: 2:45 PM	
Apr 2, 2025	Wed	Regular Season	Newark Valley, Elmira Heights @ Dryden	4:30 PM		Dryden High School Stadium	Bus/Driver: Trip #24448	Departure Point: LHS Departure Time: 3:00 PM	L
Apr 4, 2025	Fri	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24454	Departure Point: LHS Departure Time: 2:45 PM	
Apr 7, 2025	Mon	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24464	Departure Point: LHS Departure Time: 2:45 PM	
POSTPONED Apr 8, 2025	Tue	Regular Season (HOME MEET)	Watkins Glen, Dryden @ Notre Dame, Elmira	4:30 PM		Elmira Notre Dame Stadium Field - Turf	Bus/Driver: Trip #24467 Class Dismissal: 2:20 PM	Departure Point: LHS Departure Time: 2:30 PM	L
Apr 9, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24471	Departure Point: LHS Departure Time: 2:45 PM	
Apr 11, 2025	Fri	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24477	Departure Point: LHS Departure Time: 2:45 PM	
Apr 15, 2025	Tue	Practice	N/A	10:00 AM	11:30 AM	Groton HS Track	Bus/Driver: Trip #24509	Departure Point: LHS Departure Time: 9:45 AM	
Apr 16, 2025	Wed	Practice	N/A	10:00 AM	11:30 AM	Groton HS Track	Bus/Driver: Trip #24510	Departure Point: LHS Departure Time: 9:45 AM	
Apr 17, 2025	Thu	Practice	N/A	10:00 AM	11:30 AM	Groton HS Track	Bus/Driver: Trip #24513	Departure Point: LHS Departure Time: 9:45 AM	
Apr 21, 2025	Mon	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	Bus/Driver: Trip #24516	Departure Point: LHS Departure Time: 2:45 PM	

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Apr 22, 2025	Tue	Regular Season	Dryden @ Union Springs	4:30 PM		U S M S and H S	<b>Bus/Driver:</b> Trip #24520	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	L
Apr 23, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24524	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
Apr 24, 2025	Thu	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24531	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
Apr 28, 2025	Mon	Regular Season	@ Trumansburg	4:30 PM		Stadium Field	<b>Bus/Driver:</b> Trip #24542	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	L
Apr 29, 2025	Tue	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24563	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 1, 2025	Thu	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24564	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 2, 2025	Fri	Regular Season (O-M Legends of the Night Invitational)	Watkins Glen, Trumansburg, Moravia, Union Springs, South Seneca, Groton, Candor (Candor), Dryden, Tioga, Newfield, Elmira Heights, Southern Cayuga, Spencer-Van Etten @ Odessa-Montour	4:30 PM		Charles Martin Field	<b>Bus/Driver:</b> Trip #24561 <b>Class Dismissal:</b> 2:00 PM	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:15 PM	NL
May 5, 2025	Mon	Regular Season	@ Whitney Point	4:30 PM		WPHS Tymeson - Track & Field		<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:30 PM	L
May 6, 2025	Tue	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track		<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 8, 2025	Thu	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track		<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 12, 2025	Mon	Regular Season	Trumansburg, Whitney Point, Union Springs, Moravia, Southern Cayuga, Groton, Marathon @ Dryden	4:30 PM		Dryden High School Stadium	<b>Bus/Driver:</b> Trip #24597	<b>Departure Point:</b> LHS <b>Departure Time:</b> 3:00 PM	L

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May 13, 2025	Tue	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24602	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 14, 2025	Wed	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24607	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 15, 2025	Thu	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24610	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 16, 2025	Fri	Regular Season (FAST TIMES)	Ithaca, Newfield, Horseheads, Notre Dame, Elmira, Elmira (Elmira Express), Waverly, Geneseo, Vestal, Thomas A Edison High School, Cortland, Spencer-Van Etten @ Corning-Painted Post	4:30 PM		Corning Memorial Stadium	<b>Bus/Driver:</b> Trip #24618 <b>Class Dismissal:</b> 1:15 PM	<b>Departure Point:</b> LHS <b>Departure Time:</b> 1:30 PM	L
May 19, 2025	Mon	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24631	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 20, 2025	Tue	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24635	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 21, 2025	Wed	Regular Season (IAC Championship)	Candor (Candor), Dryden, Elmira Heights, Notre Dame, Elmira, Groton, Marathon, Moravia, Newfield, Odessa-Montour, Southern Cayuga, Spencer-Van Etten, Tioga, Trumansburg, Union Springs, Watkins Glen, Whitney Point @ Newark Valley	4:45 PM		Newark Valley High School	<b>Bus/Driver:</b> Trip #24638	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 22, 2025	Thu	Post-Season (IAC Championship)	Candor (Candor), Dryden, Elmira Heights, Notre Dame, Elmira, Groton, Marathon, Moravia, Newfield, Odessa- Montour, Southern Cayuga, Spencer-Van Etten, Tioga, Trumansburg, Watkins Glen, Whitney Point, Union Springs @ Newark Valley	4:45 PM		Newark Valley High School	<b>Bus/Driver:</b> Trip #24642	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	L
CANCELLED May 23, 2025	Fri	Practice	N/A	3:00 PM	5:15 PM	Groton HS Track	<b>Bus/Driver:</b> Trip #24644	<b>Departure Point:</b> LHS <b>Departure Time:</b> 2:45 PM	
May 29, 2025	Thu	Post-Season	@ Oneonta	3:30 PM		Oneonta High School	<b>Bus/Driver:</b> Trip #24659 <b>Class Dismissal:</b> 11:45 PM	<b>Departure Point:</b> LHS <b>Departure Time:</b> 12:00 PM	L
May 29, 2025	Thu	Post-Season (Sectionals)	@ Oneonta	3:30 PM		Oneonta High School	<b>Bus/Driver:</b> Trip #24659 <b>Class Dismissal:</b> 11:45 PM	<b>Departure Point:</b> LHS <b>Departure Time:</b> 12:00 PM	L

Date: 2025-12-14