



Lansing Cross Country

Projected 2023 Meet & Event Schedule

The schedule is subject to change due to weather and eligible athletes.

****Modified and varsity athletes share a practice and competition schedule. Modified and varsity practices may be staggered or held at different times. Weekly emails will reflect the most updated practice and meet times/dates/locations.****

Varsity only
 Modified only
 Varsity & Modified

Date	Meet	Location	Meet Start Time	Bus Departure
Wed, Aug 16	Fall Athletics & XC Family Meeting	Lansing High School	6:30pm	
Mon, Aug 21	First Day of Varsity Practice	Track	see practice schedule	
Tues, Aug 22	Time Trial at the track	Lansing	see practice schedule	
Sat, Aug 26	Lansing Lighthouse 5K & Fun Run	Myers Park	Varsity athletes: 7-11am	
Mon, Aug 28	First Day of Modified Practice (varsity continues)	Track	see practice schedule	
Wed, Sept 6	Relay Meet vs Marathon, Moravia, S. Cayuga, Whitney Point	LANSING	5:00pm	
Fri, Sept 8	Moonlight Miles	Trumansburg	TBA	
Tues, Sept 12	Dual vs. Groton, Marathon, Newark Valley, T Burg, Whitney Point	Groton	5:00pm	3:30pm
Sat, Sept 16	V-V-S Pre-State Invitational	V-V-S	TBA	TBA
Tues, Sept 19	Dual vs T Burg, Groton, S. Cayuga, Watkins Glen	Trumansburg	5:00pm	3:15pm
Sat, Sept 23	Baldwinsville Invitational	Baldwinsville	TBA	
Tues, Sept 26	Opponents TBA **SENIOR NIGHT**	LANSING	5:00pm	
Sat, Sept 30	McQuaid Invitational	Genesee Valley Park	TBA	6:15am
Tues, Oct 3	IAC Divisionals	Groton	4:30pm	2:45pm
Sat, Oct 7	Tornado 5000 Invitational	Norwich	TBA	TBA
Sat, Oct 14	Marathon Invitational	Marathon (Appleby Elem.)	TBA	7:30am
Thurs, Oct 19	IAC Modified End of Year Invitational (Rain date: 10/21) **End of Season Mod Celebration upon return to school**	Trumansburg	5:00pm	3:30pm
<i>Note: Modified boys basketball and modified girls volleyball begins on 10/23</i>				
Wed, Oct 25	IAC Championships & Modified Classic Invitational	Marathon (Appleby Elem.)	4:00pm	2:00pm
Thurs, Nov 2	Section IV Championships (Varsity qualifiers only) (Rain Date: Fri, Nov 3) **FULL DAY**	Chenango Valley State Park	11:00am	7:30am
Sat, Nov 11	NYSPHSAA Championships (qualifiers only)	V-V-S	Girls C: 9:00am Boys C: 10:30am	TBA
<i>Varsity banquet to be held on Mon, Nov 13 or Fri, Nov 17</i>				
Sat, Nov 18	Federation Meet (qualifiers only)	Bowdoin Park, Wappingers Falls	TBA	TBA
Sat, Nov 25	Nike XC NY Regionals (non-school event)	Bowdoin Park, Wappingers Falls	TBA	TBA

If you are unable to attend a meet, you must NOTIFY THE HEAD COACH IN WRITING WITH THE DATE(S) AND REASON(S) THAT YOU ARE UNABLE TO ATTEND.