



Lansing Track & Field

Projected 2023 Outdoor Meet Schedule

The schedule is subject to change due to weather and conference scheduling decisions.

Please review the schedule below and alert the head coaches **AS SOON AS POSSIBLE** if you have a conflict. Meet entries are due in advance of the meet, and scratching entries last minute not only affects the team (relays, point scoring, etc), but it also creates a hassle for the hosting team and the meet at large as heats/flights may need to be reset. **Please note that failure to participate in practices and/or meets may affect an athlete's future entries in meets. Attendance and participation is expected at all practices and meets unless a coach indicates an athlete is not entered and should not attend.**

- Dual meets: all athletes compete. Unlimited entries.
- Invitational & Championship meets: Limited entries. Qualifying standards may apply. **Do not assume you will or will not be entered. Coaches will be in communication with athletes and expect all team members to be available for all listed meets.**
- Section IV Class C, State Qualifier*, and NYSPHSAA Championships*: Athletes must meet a qualifying standard to compete.

Date	Meet	Location	Meet Start Time	Bus Departure
Mon, March 13	Varsity Practice begins	HS Track	3:15pm	
Wed, March 22	Laps Under the Lights & uniform distribution	HS Track	7:00pm	
Mon, March 27	Dual vs Southern Cayuga, Whitney Point <i>Athletes report to track no later than 3pm.</i>	LANSING	4:30pm	
<i>Monday, 4/10-Friday, 4/14: FEBRUARY BREAK: Practice, 3:15-5:15pm</i>				
Thurs, April 13	Spring Fling Invitational	Marathon	TBA	TBD
Mon, April 17	Dual vs Moravia, Groton	Groton	4:30pm	3:00pm
Thurs, April 20	<i>Modified meet at Lansing. Varsity athletes report to track by 3pm and stay through end of modified meet.</i>			
Sat, April 22	Square Deal Invitational	Johnson City	10:00am	7:30am
Mon, April 24	Dual vs Union Springs, Marathon	Union Springs	4:30pm	2:45pm
Sat, April 29	Moravia Relays	Moravia	TBA	TBD
Mon, May 1	Dual vs Trumansburg, Dryden **SENIOR NIGHT** <i>LCSD athletes report to track no later than 3pm.</i>	LANSING	4:30pm	
Fri, May 5	Legends of the Night Invitational	Odessa-Montour	5:00pm	2:45pm
Mon, May 8	Divisional Meet	Marathon	4:30pm	2:30pm
Fri, May 12	Fast Times Invitational	Corning	4:00pm	2:00pm
<i>Tues, May 16: VIRTUAL INSTRUCTION: Practice, 3:15-5:15pm</i>				
Wed, May 17	IAC Championships: Day One	Dryden	4:45pm	3:15pm
Thurs, May 18	IAC Championships: Day Two	Dryden	4:45pm	3:15pm
Wed, May 24	Section IV Class C Championships	TBA	4:00pm	TBD
Wed, May 31	Section IV State Qualifiers: Day One	Union Endicott	5:00pm	2:45pm
Thurs, June 1	Section IV State Qualifiers: Day Two	Union Endicott	5:00pm	2:45pm
Fri, June 9	NYSPHSAA State Championships (overnight)	Middletown	11:30am	7:00am
Sat, June 10	NYSPHSAA State Championships	Middletown	10:00am	
Fri, June 16	Team Potluck & Awards	LANSING	5:00pm	

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