



Indian River

(G) V Cross Country

Coaches:

- Robert Kuba, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 23, 2021	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 25, 2021	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 26, 2021	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 27, 2021	Fri	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 30, 2021	Mon	Practice	N/A	5:30 PM	7:00 PM	TBD			
Aug 31, 2021	Tue	Practice	N/A	5:30 PM	7:00 PM	TBD			
Sep 1, 2021	Wed	Practice	N/A	5:30 PM	7:00 PM	TBD			
Sep 2, 2021	Thu	Scrimmage (Race Through Space Invitational)	TBD	9:00 PM	10:00 PM	Indian River M.S. Cross Country Course			NL
Sep 3, 2021	Fri	Practice (Practice)	N/A	10:00 AM	11:30 AM	Indian River Outdoor Track			
Sep 6, 2021	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Sep 7, 2021	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 8, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 9, 2021	Thu	Practice (Practice)	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 10, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	1:00 PM	3:00 PM	Cross Country Course	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 9:30 AM Return Date: Return Time: 6:00 PM NL
Sep 13, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 14, 2021	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 15, 2021	Wed	Regular Season	Carthage @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM L
Sep 16, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 17, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 18, 2021	Sat	Regular Season (ESM Invite)	TBD	9:45 AM	12:00 PM	Pine Grove Cross Country Track	Bus/Driver: Coach Robert Kuba/Kurstyn Macauley/ 12 Athletes	Departure Point: High School Gym Departure Time: 6:15 AM Return Date: Return Time: 2:00 PM NL
Sep 20, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 21, 2021	Tue	Regular Season	Beaver River, Watertown	5:15 PM		Indian River M.S. Cross Country Course		L
Sep 23, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 24, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 25, 2021	Sat	Regular Season (EJ Hermann Invitational Utica)	@ TBD	12:45 PM	3:00 PM	TBD	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 8:00 AM Return Date: Return Time: 4:00 PM NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Sep 27, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 28, 2021	Tue	Regular Season	South Lewis @ Sandy Creek	4:30 PM		Sandy Creek MS/HS	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Sep 29, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 30, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 1, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 2, 2021	Sat	Regular Season (Tully Invitational)	@ TBD	12:30 PM	3:00 PM	Tully XC Course	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 10:15 AM Return Date: Return Time: 6:00 PM	NL
Oct 4, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 5, 2021	Tue	Regular Season	@ Thousand Islands	5:15 PM		Thousand Islands High School	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Oct 6, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 7, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 9, 2021	Sat	Regular Season (Beaver River Invitational)	@ Beaver River	10:00 AM		Beaver River H S	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 8:00 AM Return Date: Return Time: 1:30 PM	NL
Oct 11, 2021	Mon	Practice (Practice)	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 12, 2021	Tue	Regular Season (League Championships)	Carthage, Sandy Creek, Thousand Islands, Beaver River, South Jefferson, South Lewis @ Watertown	3:15 PM		Watertown H S	Bus/Driver: Coach Bob Kuba/Kurstyn Macauley/12 Athletes	Departure Point: High School Gym Departure Time: 1:15 PM Return Date: Return Time: 6:30 PM	L
Oct 13, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 14, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 15, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 16, 2021	Sat	Regular Season (Adirondack Invitational)	@ Adirondack	11:50 AM	3:30 PM	Adirondack HS	Bus/Driver: Coach Robert Kuba/Dave Rowley/ Greg N./Kurstyn M./30 Athletes	Departure Point: High School Gym Departure Time: 8:00 AM Return Date: Return Time: 3:00 PM	NL
Oct 18, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 19, 2021	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River High School Fitness Center			
Oct 20, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 22, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 25, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River High School Fitness Center			
Oct 26, 2021	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 27, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 28, 2021	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 1, 2021	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Nov 3, 2021	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Nov 5, 2021	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Nov 6, 2021	Sat	Post-Season (Sectional Girls Championship)	@ TBD	9:00 AM		Cross Country Course	Bus/Driver: Coach Robert Kuba/Kurstyn Macauley/Coach David Rowley/ 22 Athletes	Departure Point: High School Gym Departure Time: 6:00 AM Return Date: Return Time: 3:30 PM	NL

Date: 2026-01-25