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
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	9:00 AM	12:00 PM	Cross Country Course	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 11:30 AM **Return Date:** **Return Time:** 7:30 PM	NL
Sep 14, 2022	Wed	Regular Season	Watertown @ Beaver River	5:00 PM		Beaver River H S	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 7:00 PM	L
Sep 20, 2022	Tue	Regular Season	Sandy Creek	5:00 PM		Indian River M.S. Cross Country Course			L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Cross Country Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 12:00 PM **Return Date:** **Return Time:** 6:30 PM	NL
Sep 27, 2022	Tue	Regular Season	South Jefferson @ Carthage	5:00 PM		Carthage High School	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 7:00 PM	L
Oct 4, 2022	Tue	Regular Season	Thousand Islands @ South Lewis	5:00 PM		South Lewis Cross Country Course	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 7:30 PM	L
Oct 11, 2022	Tue	Regular Season (Frontier League Championships)	South Jefferson, Thousand Islands, Carthage, Sandy Creek, Watertown, Beaver River @ South Lewis	5:00 PM		South Lewis Cross Country Course	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes **Class Dismissal:** 12:45 PM	**Departure Point:** High School Athletic Doors **Departure Time:** 1:00 PM **Return Date:** **Return Time:** 9:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2022	Sat	Regular Season (BR Invite)	Beaver River, Adirondack, Pulaski, Potsdam, Ogdensburg, Phoenix, Watertown, Carthage, Thousand Islands, Canton, Norwood-Norfolk, TBD @ TBD	10:00 AM		Beaver River H S			NL
Oct 15, 2022	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	TBD		Beaver River H S	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 8:00 AM **Return Date:** **Return Time:** 3:00 PM	NL
Oct 29, 2022	Sat	Regular Season (John Bernard (Adirondack) Cross Country Invitational)	@ TBD	TBD		Adirondack HS	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 7:00 AM **Return Date:** **Return Time:** 3:00 PM	NL
Nov 1, 2022	Tue	Practice ((B) V Cross Country)	N/A	TBD		Indian River M.S. Cross Country Course			
Nov 2, 2022	Wed	Practice ((B) V Cross Country)	N/A	TBD		Indian River M.S. Cross Country Course			
Nov 3, 2022	Thu	Practice ((B) V Cross Country)	N/A	TBD		Indian River M.S. Cross Country Course			
Nov 4, 2022	Fri	Practice ((B) V Cross Country)	N/A	TBD		Indian River M.S. Cross Country Course			
Nov 5, 2022	Sat	Regular Season (Section 3 Championship)	@ TBD	9:00 AM		Cross Country Course	**Bus/Driver:** Coach Rowley/16 Athletes & Coach Ward/7 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 10:45 AM **Return Date:** **Return Time:** 6:30 PM	L

Date: 2026-11-26