



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 14, 2023	Mon	Practice (Preseason Meeting (Google Meet))	N/A	7:00 PM	8:00 PM	TBD			
Aug 21, 2023	Mon	Practice ((meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 22, 2023	Tue	Practice ((meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 23, 2023	Wed	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 24, 2023	Thu	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Aug 25, 2023	Fri	Practice ((meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 26, 2023	Sat	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 28, 2023	Mon	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 29, 2023	Tue	Practice (Practice (meet on the indoor track))	N/A	5:30 PM	7:00 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Aug 30, 2023	Wed	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Aug 31, 2023	Thu	Practice (Practice (meet on the track))	N/A	5:30 PM	7:00 PM	TBD			
Sep 1, 2023	Fri	Practice ((meet on the track))	N/A	9:00 AM	10:30 AM	TBD			
Sep 4, 2023	Mon	Practice	N/A	5:30 PM	7:00 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Sep 5, 2023	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Sep 6, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Sep 7, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 8, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 11, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 12, 2023	Tue	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 13, 2023	Wed	Regular Season	Beaver River @ Thousand Islands	5:00 PM		Thousand Islands High School	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 6:30 PM	L
Sep 14, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 15, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	@ TBD	8:15 AM		Cross Country Course	Bus/Driver: Coach Kuba/Rowley/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 6:00 PM	NL
Sep 18, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 19, 2023	Tue	Regular Season	Sandy Creek, Carthage	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			L
Sep 20, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 21, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 22, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 25, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 26, 2023	Tue	Regular Season	General Brown @ South Lewis	4:30 PM		South Lewis Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors Departure Time: 2:25 PM Return Date: Return Time: 7:00 PM	L
Sep 27, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 28, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Sep 29, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 2, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 3, 2023	Tue	Regular Season	Watertown @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM	L
Oct 4, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 5, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 6, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 9, 2023	Mon	Practice	N/A	5:30 PM	7:00 PM	TBD			
Oct 10, 2023	Tue	Regular Season (League Championships)	Carthage, Beaver River, Thousand Islands, General Brown, Watertown, South Lewis, Sandy Creek @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM	L
Oct 11, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 12, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 13, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 14, 2023	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	10:00 AM		Beaver River H S			NL
Oct 14, 2023	Sat	Regular Season (BR Cross Country Invitational)	Carthage, Phoenix, Pulaski, Watertown, Tully @ Beaver River	10:00 AM		Beaver River H S	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 1:30 PM	NL

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Oct 16, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 17, 2023	Tue	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 18, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track			
Oct 19, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 20, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 23, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 24, 2023	Tue	Practice	N/A	2:30 PM	3:30 PM	Indian River High School Indoor Track			
Oct 25, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 26, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 27, 2023	Fri	Practice	N/A	3:20 PM	5:00 PM	TBD			
Oct 28, 2023	Sat	Regular Season (John Bernard (Adirondack) Cross Country Invitational)	@ TBD	9:30 AM		Adirondack HS	Bus/Driver: Coach Kuba/Rowley/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:45 AM Return Date: Return Time: 2:00 PM	NL
Oct 30, 2023	Mon	Practice	N/A	3:20 PM	5:00 PM	TBD			
Nov 1, 2023	Wed	Practice	N/A	3:20 PM	5:00 PM	TBD			
Nov 2, 2023	Thu	Practice	N/A	3:20 PM	5:00 PM	TBD			
Nov 3, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	TBD			
Nov 4, 2023	Sat	Regular Season (Section III Championship)	@ TBD	10:00 AM		Cross Country Course	Bus/Driver: Coach Kuba/Rowley/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:15 AM Return Date: Return Time: 7:00 PM	NL

Date: 2025-12-05