



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 18, 2025	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Fitness Center			
Aug 19, 2025	Tue	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Fitness Center			
Aug 20, 2025	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Fitness Center			
Aug 21, 2025	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Fitness Center			
Aug 22, 2025	Fri	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Fitness Center			
Aug 25, 2025	Mon	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	LEAGUE / NON-LEAGUE
Aug 26, 2025	Tue	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 27, 2025	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Aug 28, 2025	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River High School Indoor Track			
Aug 29, 2025	Fri	Practice	N/A	9:00 AM	10:30 AM	Indian River Outdoor Track			
Sep 1, 2025	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River Outdoor Track			
Sep 2, 2025	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track			
Sep 3, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track			
Sep 4, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track			
Sep 5, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE	
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Vernon-Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS	Bus/Driver: 2 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	NL
Sep 8, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 9, 2025	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 10, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Sep 11, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			

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Sep 12, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 13, 2025	Sat	Regular Season (ESM Invitational)	@ TBD	8:00 AM		Pine Grove Cross Country Track	Bus/Driver: 2 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 6:15 AM Return Date: Return Time: 4:00 PM NL
Sep 15, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 16, 2025	Tue	Regular Season	South Jefferson, South Lewis	5:00 PM		Indian River M.S. Cross Country Course		L
Sep 17, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 18, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 19, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
CANCELLED Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	9:15 AM		Bville - Durgee Jr. High School	Bus/Driver: 2 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:00 AM Return Date: Return Time: 5:30 PM NL
Sep 22, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 23, 2025	Tue	Regular Season	Sandy Creek @ General Brown	5:30 PM	6:00 PM	General Brown High School	Bus/Driver: 2 Coaches/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:00 PM L
Sep 24, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 25, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 26, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	@ TBD	9:15 AM		TBD	Bus/Driver: 2 Coaches/24 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:00 AM Return Date: Return Time: 5:00 PM NL

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Sep 29, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Sep 30, 2025	Tue	Regular Season	Watertown @ Beaver River	5:00 PM		Beaver River H S	Bus/Driver: 3 Coaches/40 Athletes Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:15 PM	L
Oct 1, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 2, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 6, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 8, 2025	Wed	Regular Season	Thousand Islands, Carthage	5:00 PM		Indian River M.S. Cross Country Course		L
Oct 9, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 10, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 11, 2025	Sat	Regular Season (Caughlin Invitational)	Altmar-Parish-Williamstown (APW Rebels), New York Mills, Utica Proctor, Town of Webb UFSD, Mexico, Mount Markham, Clinton, Oswego, Hamilton, Sandy Creek @ Rome Free Academy	9:00 AM	11:00 AM	RFA Cross Country Course	Bus/Driver: 3 Coaches/40 Athletes Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 2:30 PM	NL
Oct 13, 2025	Mon	Practice	N/A	5:30 PM	7:00 PM	TBD		
Oct 14, 2025	Tue	Regular Season (Frontier League Meet)	Carthage, Sandy Creek, General Brown, Thousand Islands, Watertown, South Lewis, South Jefferson @ Beaver River	3:00 PM		Beaver River H S	Bus/Driver: 3 Coaches/40 Athletes Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 7:00 PM	L
Oct 15, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Oct 16, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		

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Oct 17, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 18, 2025	Sat	Regular Season (Beaver River Invitational)	@ TBD	9:00 AM		Beaver River H S	Bus/Driver: 2 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:45 AM Return Date: Return Time: 1:30 PM	NL
Oct 20, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 21, 2025	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 22, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 23, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 24, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 27, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track			
Oct 28, 2025	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Oct 29, 2025	Wed	Practice (Practice then Team Dinner)	N/A	3:20 PM	6:30 PM	Indian River Outdoor Track			
Oct 30, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational)	Pulaski, McQuaid Jesuit, Notre Dame, Utica, Vernon-Verona-Sherrill, DeRuyter, Clinton, West Canada Valley, Watertown, Hamilton @ Adirondack	9:00 AM		Adirondack HS	Bus/Driver: 2 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	L
Nov 1, 2025	Sat	Regular Season (John Bernard (Adirondack) Invitational)	@ TBD	10:00 AM		Adirondack HS			NL
Nov 3, 2025	Mon	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			
Nov 4, 2025	Tue	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track			

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Nov 5, 2025	Wed	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Nov 6, 2025	Thu	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Nov 7, 2025	Fri	Practice	N/A	3:20 PM	5:00 PM	Indian River Outdoor Track		
Nov 8, 2025	Sat	Regular Season (Section III Championship)	@ TBD	TBD		Mount Markham HS	Bus/Driver: 2 Coaches/24 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:30 AM Return Date: Return Time: 8:00 PM NL

Date: 2025-12-14