Indian River (G) MOD7/8/9 Cross Country Coaches:

• Greg Niewieroski, Head Coach

DATE	WEEK DAY	OPPONENTS	START EN TIME TIN		I DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2023	Wed Regular Seas	Beaver River on @ Thousand Islands	5:00 PM	Thousand Islands High School	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: Middle School Pool Entrance Departure Time: 2:40 PM Return Date: Return Time: 6:30 PM	L
Sep 26, 2023	Tue Regular Seas	on General Brown @ South Lewis		South Lewis Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: Middle School Pool Entrance Departure Time: 2:25 PM Return Date: Return Time: 7:00 PM	L
Oct 3, 2023	Tue Regular Seas	Watertown @ on South Jeffersor	4:30 n PM	SJ HS/MS - Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: Middle School Pool Entrance Departure Time: 2:55 PM Return Date: Return Time: 6:30 PM	L
Oct 10, 2023	Regular Seas Tue (League Championshi	Islanus, Watertown	3:30 PM	SJ HS/MS - Cross Country Course	Bus/Driver: 3 Coaches/36 Athletes/1 Aide	Departure Point: Middle School Pool Entrance Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM	L

Date: 2024-05-12