



# Indian River

## (G) MOD7/8/9 Cross Country

### Coaches:

- Greg Niewierski, Head Coach

| DATE         | WEEK DAY | TYPE           | OPPONENTS             | START TIME | END TIME | LOCATION                               | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|-----------------------|------------|----------|--|----------------|---------------------|
| Sep 19, 2023 | Tue      | Regular Season | Sandy Creek, Carthage | 5:00 PM    | 6:30 PM  | Indian River M.S. Cross Country Course |                | L                   |
| Sep 25, 2023 | Mon      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Sep 27, 2023 | Wed      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Sep 28, 2023 | Thu      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 2, 2023  | Mon      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 4, 2023  | Wed      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 5, 2023  | Thu      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 6, 2023  | Fri      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 11, 2023 | Wed      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 12, 2023 | Thu      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |
| Oct 13, 2023 | Fri      | Practice       | N/A                   | 3:00 PM    | 4:30 PM  | Indian River M.S. Cross Country Course |                |                     |

Date: 2024-05-14