



Indian River

(G) MOD7/8/9 Cross Country

Coaches:

- Greg Niewierski, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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: Middle School Pool Entrance Departure Time: 2:40 PM Return Date: Return Time: 6:30 PM	L
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 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: Middle School Pool Entrance Departure Time: 2:25 PM Return Date: Return Time: 7:00 PM	L
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 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: Middle School Pool Entrance Departure Time: 2:55 PM Return Date: Return Time: 6:30 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 10, 2023	Tue	Regular Season (League Championships)	South Lewis, Carthage, Beaver River, Thousand Islands, Watertown, General Brown, Sandy Creek @ South Jefferson	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
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: 2025-12-05