



# Indian River

## (B) V Cross Country

### Coaches:

- David Rowley, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Aug 22, 2023	Tue	Practice	N/A	TBD		Indian River M.S. Cross Country Course, Indian River Outdoor Track	<b>Class Dismissal:</b> 5:30 PM	<b>Departure Time:</b> 7:00 PM	
Aug 23, 2023	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Aug 24, 2023	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Aug 25, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Aug 28, 2023	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Aug 29, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Aug 30, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Aug 31, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 1, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	Indian River M.S. Cross Country Course			
Sep 4, 2023	Mon	Practice	N/A	9:00 AM	10:30 AM	Indian River M.S. Cross Country Course			
Sep 5, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Sep 6, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Sep 7, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 11, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 12, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 14, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 15, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 18, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
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	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 21, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 22, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 25, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 28, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Sep 29, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 2, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 4, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 5, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 6, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 11, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 12, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 13, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 17, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 18, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 19, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 20, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 23, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 24, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 25, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 26, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Oct 27, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 30, 2023	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
POSTPONED Oct 31, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Nov 1, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Nov 2, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		
Nov 3, 2023	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track		

Date: 2024-05-19