



# 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 22, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			
Aug 23, 2022	Tue	Practice	N/A	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			
Aug 24, 2022	Wed	Practice	N/A	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			
Aug 25, 2022	Thu	Practice	N/A	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			
Aug 26, 2022	Fri	Practice	N/A	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	9:00 AM	12:00 PM	Cross Country Course	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	NL
Sep 14, 2022	Wed	Regular Season	Watertown @ Beaver River	4:30 PM		Beaver River H S	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Sep 20, 2022	Tue	Regular Season	Sandy Creek	5:00 PM		Indian River M.S. Cross Country Course			L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Cross Country Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2022	Tue	Regular Season	South Jefferson @ Carthage	4:30 PM		Carthage High School	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 4, 2022	Tue	Regular Season	Thousand Islands @ South Lewis	5:00 PM		South Lewis Cross Country Course	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Oct 11, 2022	Tue	Regular Season (Frontier League Championships)	South Jefferson, Thousand Islands, Carthage, Sandy Creek, Watertown, Beaver River @ South Lewis	4:30 PM		South Lewis Cross Country Course	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes <b>Class Dismissal:</b> 12:45 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Oct 15, 2022	Sat	Regular Season (BR Invite)	Beaver River, Adirondack, Canton, Watertown, Norwood-Norfolk, Carthage, Pulaski, Phoenix, Potsdam, Ogdensburg, TBD @ TBD	10:00 AM		Beaver River H S			NL
Oct 15, 2022	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	TBD		Beaver River H S	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
Oct 29, 2022	Sat	Regular Season (John Bernard (Adirondack) Cross Country Invitational)	@ TBD	TBD		Adirondack HS	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
Oct 31, 2022	Mon	Practice ((G) V Cross Country)	N/A	3:20 PM	5:00 PM	Indian River M.S. Cross Country Course			
Nov 1, 2022	Tue	Practice ((G) V Cross Country)	N/A	3:20 PM	5:00 PM	Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2022	Wed	Practice ((G) V Cross Country)	N/A	3:20 PM	5:00 PM	Indian River M.S. Cross Country Course			
Nov 3, 2022	Thu	Practice ((G) V Cross Country)	N/A	3:20 PM	5:00 PM	Indian River M.S. Cross Country Course			
Nov 4, 2022	Fri	Practice ((G) V Cross Country)	N/A	3:20 PM	5:00 PM	Indian River M.S. Cross Country Course			
Nov 5, 2022	Sat	Regular Season (Section 3 Championship)	@ TBD	9:00 AM		Cross Country Course	<b>Bus/Driver:</b> Coach Rowley/16 Athletes & Coach Ward/7 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	L
Nov 12, 2022	Sat	Post-Season (NYSPHSAA Meet at VVS)	@ TBD	11:30 AM		TBD	<b>Bus/Driver:</b> Coach Rowley/5 Athletes (Small bus requested)	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	NL

Date: 2025-12-05