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	**Class Dismissal:** 5:30 PM	**Departure Time:** 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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 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:** High School Athletic Doors **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 6:30 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 16, 2023	Sat	Regular Season (VVS Invitational)	@ TBD	8:15 AM		Cross Country Course	**Bus/Driver:** Coach Kuba/Rowley/15 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 8:00 AM **Return Date:** **Return Time:** 6:00 PM	NL
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			

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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			
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:** High School Athletic Doors **Departure Time:** 2:25 PM **Return Date:** **Return Time:** 7:00 PM	L
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			

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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 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:** High School Athletic Doors **Departure Time:** 3:00 PM **Return Date:** **Return Time:** 6:30 PM	L
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			

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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 10, 2023	Tue	Regular Season (League Championships)	Carthage, Beaver River, Thousand Islands, General Brown, Watertown, South Lewis, Sandy Creek @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	**Bus/Driver:** 3 Coaches/36 Athletes/1 Aide	**Departure Point:** High School Athletic Doors **Departure Time:** 1:45 PM **Return Date:** **Return Time:** 6:30 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
Oct 14, 2023	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	10:00 AM		Beaver River H S			NL
Oct 14, 2023	Sat	Regular Season (BR Cross Country Invitational)	Carthage, Pulaski, Phoenix, Tully, Watertown @ Beaver River	10:00 AM		Beaver River H S	**Bus/Driver:** 3 Coaches/36 Athletes/1 Aide	**Departure Point:** High School Athletic Doors **Departure Time:** 8:15 AM **Return Date:** **Return Time:** 1:30 PM	NL
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			

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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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
Oct 28, 2023	Sat	Regular Season (John Bernard (Adirondack) Cross Country Invitational)	@ TBD	9:30 AM		Adirondack HS	**Bus/Driver:** Coach Kuba/Rowley/15 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 8:45 AM **Return Date:** **Return Time:** 2:00 PM	NL

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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			

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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			
Nov 4, 2023	Sat	Regular Season (Section III Championship)	@ TBD	10:00 AM		Cross Country Course	**Bus/Driver:** Coach Kuba/Rowley/15 Athletes	**Departure Point:** High School Athletic Doors **Departure Time:** 10:15 AM **Return Date:** **Return Time:** 7:00 PM	NL

Date: 2024-10-12