



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 26, 2024	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Aug 27, 2024	Tue	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Aug 28, 2024	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Aug 29, 2024	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Aug 30, 2024	Fri	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Sep 2, 2024	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course			
Sep 3, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 4, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 5, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 6, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Renssen (Renssen), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon- Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Homer, TBD, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational (Mount Markham))	@ TBD	10:50 AM		Mount Markham HS	Bus/Driver: Coach Kuba/Rowley/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	NL
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 10, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 17, 2024	Tue	Regular Season	Watertown, Sandy Creek	5:00 PM	7:00 PM	Indian River M.S. Cross Country Course	Bus/Driver: Coach Kuba/Rowley/20 Athletes	Departure Point: High School Athletic Doors	L
Sep 18, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 19, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 20, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 24, 2024	Tue	Regular Season	General Brown @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Time: 3:15 PM Return Date: Return Time: 7:00 PM	L
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 27, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	@ TBD	9:30 AM		Proctor Park	Bus/Driver: Coach Kuba/Rowley/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:00 AM Return Date: Return Time: 5:00 PM	NL
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 1, 2024	Tue	Regular Season	Thousand Islands @ Carthage	5:00 PM	6:00 PM	Carthage High School	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:00 PM	L
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			

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Oct 8, 2024	Tue	Regular Season	Beaver River @ South Lewis	5:00 PM		South Lewis Cross Country Course	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Time: 2:45 PM Return Date: Return Time: 7:30 PM	L
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Sandy Creek, General Brown, South Lewis, Thousand Islands @ Carthage	3:30 PM		Carthage High School	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Time: 2:00 PM Return Date: Return Time: 6:30 PM	L
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 17, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 19, 2024	Sat	Regular Season (Beaver River Invitational)	@ TBD	9:00 AM		Beaver River H S	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 1:30 PM	NL
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 22, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Oct 23, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 24, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 28, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 29, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Oct 30, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 1, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 2, 2024	Sat	Regular Season (John Bernard (Adirondack) Invitational)	@ TBD	8:15 AM		Adirondack HS	Bus/Driver: Coach Kuba/Rowley/20 Athletes & Niewiorski/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 2:30 PM	NL
Nov 4, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 5, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 6, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 7, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			

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Nov 8, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course			
Nov 9, 2024	Sat	Post-Season (Section III Championship)	@ TBD	1:30 PM		Mount Markham HS	Bus/Driver: 2 Coaches/12 Athletes	Departure Point: High School Athletic Doors Departure Time: 10:00 AM Return Date: Return Time: 7:00 PM	NL

Date: 2025-12-05