



# 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 18, 2025	Mon	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 19, 2025	Tue	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 20, 2025	Wed	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 21, 2025	Thu	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 22, 2025	Fri	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 25, 2025	Mon	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 26, 2025	Tue	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 27, 2025	Wed	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 28, 2025	Thu	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Aug 29, 2025	Fri	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			
Sep 1, 2025	Mon	Practice	N/A	5:00 PM	6:30 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2025	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 3, 2025	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 4, 2025	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 5, 2025	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
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Vernon-Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track			L
Sep 8, 2025	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 9, 2025	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2025	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 11, 2025	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 12, 2025	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 13, 2025	Sat	Regular Season (ESM Invitational)	@ TBD	8:00 AM		Pine Grove Cross Country Track	Departure Point: High School Athletic Doors		NL
Sep 15, 2025	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 16, 2025	Tue	Regular Season	South Jefferson, South Lewis	5:00 PM		Indian River M.S. Cross Country Course			L
Sep 17, 2025	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2025	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 19, 2025	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			
CANCELLED Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	9:15 AM		Bville - Durgee Jr. High School	Departure Point: High School Athletic Doors		NL
Sep 22, 2025	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 23, 2025	Tue	Regular Season	Sandy Creek @ General Brown	5:30 PM	6:30 PM	General Brown High School			L
Sep 24, 2025	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 25, 2025	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 26, 2025	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 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	@ TBD	9:15 AM		Proctor Park		<b>Departure Point:</b> High School Athletic Doors	NL
Sep 29, 2025	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 30, 2025	Tue	Regular Season	Watertown @ Beaver River	5:00 PM	6:30 PM	Beaver River H S			L
Oct 1, 2025	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 2, 2025	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 3, 2025	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			
CANCELLED Oct 4, 2025	Sat	Regular Season (Whitesboro Invitational)	@ TBD	TBD		Deerfield Town Wilderness Park		<b>Departure Point:</b> High School Athletic Doors	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2025	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 8, 2025	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 8, 2025	Wed	Regular Season	Carthage, Thousand Islands	5:00 PM		Indian River M.S. Cross Country Course			L
Oct 9, 2025	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 10, 2025	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, 2025	Tue	Regular Season (Frontier League Meet)	Carthage, Sandy Creek, General Brown, Thousand Islands, Watertown, South Lewis, South Jefferson @ Beaver River	3:00 PM		Beaver River H S			L



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CANCELLED Oct 15, 2025	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 16, 2025	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 17, 2025	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 18, 2025	Sat	Regular Season (Beaver River Invitational)	@ TBD	9:00 AM		Beaver River H S	<b>Departure Point:</b> High School Athletic Doors		NL
Oct 20, 2025	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 21, 2025	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 22, 2025	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 23, 2025	Thu	Practice (mock meet)	N/A	2:45 PM	6:15 PM	Indian River High School Indoor Track, Indian River M.S. Cross Country Course, Indian River Outdoor Track			
Oct 24, 2025	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 27, 2025	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 28, 2025	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 29, 2025	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 30, 2025	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 31, 2025	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 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational)	Pulaski, McQuaid Jesuit, Notre Dame, Utica, Vernon-Verona-Sherrill, DeRuyter, Clinton, West Canada Valley, Watertown, Hamilton @ Adirondack	9:00 AM		Adirondack HS			NL
Nov 1, 2025	Sat	Regular Season (John Bernard (Adirondack) Invitational)	@ TBD	10:00 AM		Adirondack HS		<b>Departure Point:</b> High School Athletic Doors	NL
Nov 3, 2025	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			
Nov 4, 2025	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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Nov 5, 2025	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 6, 2025	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 7, 2025	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 10, 2025	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			
Nov 11, 2025	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 12, 2025	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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Nov 13, 2025	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 14, 2025	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 15, 2025	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	TBD		Queensbury HS	<b>Bus/Driver:</b> Coach Rowley / 2 Athletes - school car requested	<b>Departure Point:</b> High School Athletic Doors <b>Departure Date:</b> Nov 14, 2025 <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> Nov 15, 2025 <b>Return Time:</b> 9:00 PM	NL

Date: 2025-12-06