



Indian River

(B) MOD7/8/9 Cross Country

Coaches:

- Greg Niewieroski, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 14, 2022	Wed	Regular Season	Watertown @ Beaver River	4:30 PM		Beaver River H S	Bus/Driver: Coach Niewieroski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 20, 2022	Tue	Regular Season	Sandy Creek, General Brown	4:30 PM		Indian River M.S. Cross Country Course			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 21, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 27, 2022	Tue	Regular Season	South Jefferson @ Carthage	4:30 PM		Carthage High School	Bus/Driver: Coach Niewieroski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 4, 2022	Tue	Regular Season	Thousand Islands @ South Lewis	5:00 PM		South Lewis Cross Country Course	Bus/Driver: Coach Niewieroski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 10, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 11, 2022	Tue	Regular Season (Frontier League Championship)	General Brown, South Jefferson, Thousand Islands, Carthage, Sandy Creek, Watertown, Beaver River @ South Lewis	3:30 PM		South Lewis Cross Country Course	Bus/Driver: Coach Niewieroski/20 Athletes Class Dismissal: 12:45 PM	Departure Point: Middle School Pool Entrance Departure Time: 1:00 PM Return Date: Return Time: 9:00 PM	L
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 15, 2022	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	TBD		Beaver River H S	Bus/Driver: Coach Niewieroski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 8:30 AM Return Date: Return Time: 3:00 PM	NL
Oct 17, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 18, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			

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Oct 20, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 29, 2022	Sat	Regular Season (John Bernard (Adirondack) Cross Country Invitational)	@ TBD	TBD		Adirondack HS	Bus/Driver: Coach Niewieroski/20 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 7:00 AM Return Date: Return Time: 3:00 PM	NL

Date: 2025-12-10