



# 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 13, 2023	Wed	Regular Season	Beaver River @ Thousand Islands	5:00 PM		Thousand Islands High School	<b>Bus/Driver:</b> 3 Coaches/36 Athletes/1 Aide	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Sep 19, 2023	Tue	Regular Season	Sandy Creek, Carthage	5:00 PM	6:30 PM	Indian River M.S. Cross Country Course			L
Sep 25, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 26, 2023	Tue	Regular Season	General Brown @ South Lewis	4:30 PM		South Lewis Cross Country Course	<b>Bus/Driver:</b> 3 Coaches/36 Athletes/1 Aide	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 2:25 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Sep 27, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 28, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 3, 2023	Tue	Regular Season	Watertown @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	<b>Bus/Driver:</b> 3 Coaches/36 Athletes/1 Aide	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 2:55 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Oct 4, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 5, 2023	Thu	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, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 10, 2023	Tue	Regular Season (League Championships)	South Lewis, Carthage, Beaver River, Thousand Islands, Watertown, General Brown, Sandy Creek @ South Jefferson	3:30 PM		SJ HS/MS - Cross Country Course	<b>Bus/Driver:</b> 3 Coaches/36 Athletes/1 Aide	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Oct 11, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 12, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 13, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 14, 2023	Sat	Regular Season (Beaver River Cross Country Invitational)	@ TBD	10:00 AM		Beaver River H S	<b>Bus/Driver:</b> 3 Coaches/36 Athletes/1 Aide	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:15 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	NL

Date: 2024-04-25