



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 | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: Middle School Pool Entrance Departure Time: 2:40 PM Return Date: Return Time: 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 | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: Middle School Pool Entrance Departure Time: 2:25 PM Return Date: Return Time: 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 | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: Middle School Pool Entrance Departure Time: 2:55 PM Return Date: Return Time: 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 | 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 | 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 | 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 |

Date: 2024-05-05