



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 3, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 5, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 6, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 10, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 11, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 12, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	4:30 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: 3 Coaches/36 Athletes/1 Aide	Departure Point: High School Athletic Doors	L
Sep 18, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 19, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 20, 2024	Fri	Practice	N/A	2:30 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
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 24, 2024	Tue	Regular Season	General Brown @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course			L
Sep 25, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 26, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 27, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 1, 2024	Tue	Regular Season	Thousand Islands @ Carthage	5:00 PM		Carthage High School			L
Oct 2, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 4, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 8, 2024	Tue	Regular Season	Beaver River @ South Lewis	5:00 PM		South Lewis Cross Country Course			L
Oct 9, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
Oct 10, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course			
CANCELLED Oct 11, 2024	Fri	Practice	N/A	2:30 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 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			L

Date: 2026-05-11