



Indian River

(B) MOD7/8/9 Cross Country

Coaches:

- Greg Niewieroski, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2025	Tue	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 3, 2025	Wed	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 4, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 5, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 8, 2025	Mon	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 9, 2025	Tue	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 10, 2025	Wed	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 11, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 12, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 15, 2025	Mon	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 16, 2025	Tue	Regular Season	South Jefferson, South Lewis	5:00 PM	6:00 PM	Indian River M.S. Cross Country Course		L
Sep 17, 2025	Wed	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 18, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	3:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 19, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	3:15 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
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 (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 23, 2025	Tue	Regular Season	Sandy Creek @ General Brown	5:00 PM	5:30 PM	GBHS Trail		L
Sep 24, 2025	Wed	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 25, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 26, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	3:15 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	@ TBD	9:15 AM		Proctor Park	Departure Point: High School Athletic Doors	NL
Sep 29, 2025	Mon	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, 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 (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 2, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 3, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 6, 2025	Mon	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 8, 2025	Wed	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 8, 2025	Wed	Regular Season	Thousand Islands, Carthage	5:00 PM	6:00 PM	Indian River M.S. Cross Country Course		L
Oct 9, 2025	Thu	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2025	Fri	Practice (Modified Cross Country Practice)	N/A	2:30 PM	4:30 PM	Indian River M.S. Cross Country Course, Indian River High School Indoor Track, Indian River Outdoor Track		
Oct 14, 2025	Tue	Regular Season (Frontier League Championship)	Watertown, Sandy Creek, Thousand Islands, General Brown, South Lewis, South Jefferson, Carthage @ Beaver River	3:00 PM	6:30 PM	Beaver River H S		L

Date: 2025-12-05