

## Coaches:

- Jade Montressor, Head Coach
- Chadd Johnson, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Mar 11, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 12, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 13, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 14, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 15, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 18, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 20, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 22, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 27, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 2, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Apr 3, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 4, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 5, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 8, 2024	Mon	Practice	N/A	10:00 AM	11:30 AM	Indian River Outdoor Track	
Apr 9, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 11, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 12, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 17, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
CANCELLED Apr 19, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 22, 2024	Mon	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track	
Apr 23, 2024	Tue	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track	
Apr 24, 2024	Wed	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track	
Apr 25, 2024	Thu	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track	
Apr 26, 2024	Fri	Practice	N/A	4:30 PM	6:00 PM	Indian River Outdoor Track	
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	
Apr 30, 2024	Tue	Regular Season	Lowville, Sandy Creek	5:00 PM	7:00 PM	Warrior Stadium, Turf Facility (Field A)	L
May 1, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 2, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 3, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 6, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 7, 2024	Tue	Regular Season	Watertown, South Lewis	4:30 PM	7:30 PM	Warrior Stadium, Turf Facility (Field A)		L
May 8, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 9, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 10, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 15, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 16, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 17, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 20, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
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May 23, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		
May 24, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River Outdoor Track, Indian River High School Indoor Track		

Date: 2024-05-06