



Indian River

(B) V Outdoor Track

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Mar 8, 2023	Wed	Practice (Media Day at Mercahnts Commons)	N/A	7:00 PM		TBD	Bus/Driver: 4 Coaches/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 5:00 PM Return Date: Return Time: 10:00 PM	
Mar 13, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
CANCELLED Mar 14, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 15, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 16, 2023	Thu	Practice	N/A	11:00 AM	12:30 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 20, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Mar 21, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Mar 22, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Mar 23, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Mar 24, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Mar 27, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
CANCELLED Mar 27, 2023	Mon	Regular Season (League Relay Meet)	Carthage, South Jefferson, South Lewis, Sandy Creek, Beaver River, Watertown	4:30 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Mar 29, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Mar 30, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Mar 31, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 3, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 4, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 5, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 6, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 17, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 18, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 19, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 20, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 20, 2023	Thu	Regular Season 115-26 W	Carthage	4:30 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
Apr 21, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 24, 2023	Mon	Regular Season	South Lewis	5:15 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
Apr 25, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 26, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 27, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
Apr 29, 2023	Sat	Regular Season (SLU Invitational)	@ TBD	TBD		St. Lawrence University, Canton NY	Bus/Driver: 5 Coaches/25 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 4:00 PM	NL
May 1, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 2, 2023	Tue	Regular Season	South Jefferson	4:30 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
May 3, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 4, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
May 5, 2023	Fri	Regular Season (Ed Wadas Whitesboro Invitational)	@ TBD	4:00 PM		Whitesboro High School	Bus/Driver: 5 Coaches/25 Athletes Class Dismissal: 1:00 PM	Departure Point: High School Athletic Doors Departure Time: 1:15 PM Return Date: Return Time: 11:00 PM NL
May 5, 2023	Fri	Regular Season (Ed Wadas Track invitational)	Watertown, Chittenango, Dolgeville, Cazenovia, Waterville, Homer, West Canada Valley, Altmar-Parish-Williamstown (APW Rebels), Holland Patent, Henninger, New Hartford, Oneida, Niskayuna High School, Nottingham, Beaver River, West Genesee, Notre Dame, Utica, Town of Webb UFSD (Varsity Boys Track), Rome Free Academy, Vernon-Verona-Sherrill, Skaneateles, Cato-Meridian (Blue Devils), Westmoreland, Central Valley Academy, Central Square, New York Mills, Remsen, South Lewis, Clinton, Camden, Saranac Lake, Adirondack @ Whitesboro	4:00 PM		Ed Wadas Complex High School		NL
May 8, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track		
May 9, 2023	Tue	Regular Season	Sandy Creek, Beaver River @ Watertown	5:00 PM		Watertown Turf Field	Bus/Driver: Coach Montressor/Johnson/Adams/41 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM L
May 10, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track		
May 11, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2023	Fri	Regular Season (Arcaro Invitational)	@ TBD	4:30 PM		Bville - Baker High School	Bus/Driver: 5 Coaches/25 Athletes Class Dismissal: 1:00 PM	Departure Point: High School Athletic Doors Departure Time: 1:15 PM Return Date: Return Time: 11:00 PM	L
May 15, 2023	Mon	Post-Season (FL Championship Meet Coed)	Beaver River, Carthage, South Jefferson, South Lewis, Sandy Creek @ Watertown	4:00 PM		Watertown High School	Bus/Driver: 5 Coaches/35 athletes (Girls and Boys)	Departure Point: High School Athletic Doors Departure Time: 2:15 PM Return Date: Return Time: 9:30 PM	L
May 16, 2023	Tue	Practice	N/A	2:30 PM		Indian River Outdoor Track			
May 16, 2023	Tue	Meet (Frontier League Steeple Chase)	Vs. Multiple	4:30 PM	5:15 PM	Carthage High School	Bus/Driver: Coach Johnson/4 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 6:30 PM	NL
May 17, 2023	Wed	Practice	N/A	2:30 PM		Indian River Outdoor Track			
May 18, 2023	Thu	Practice	N/A	2:30 PM		Indian River Outdoor Track			
May 19, 2023	Fri	Regular Season (CNS Invitational)	@ TBD	4:30 PM		CNS HS-Bragman Stadium	Bus/Driver: 5 Coaches/25 Athletes Class Dismissal: 2:00 PM	Departure Point: High School Athletic Doors Departure Time: 2:15 PM Return Date: Return Time: 11:00 PM	NL
May 22, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 23, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 24, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 25, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
May 26, 2023	Fri	Post-Season (Class A Sectionals)	@ TBD	4:00 PM		Whitesboro High School	Bus/Driver: 5 Coaches/25 Athletes Class Dismissal: 1:00 PM	Departure Point: High School Athletic Doors Departure Time: 1:15 PM Return Date: Return Time: 11:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 1, 2023	Thu	Post-Season (Sectional Qualifier)	TBD	4:00 PM		CNS HS-Bragman Stadium	Bus/Driver: 5 Coaches/25 Athletes Class Dismissal: 1:00 PM	Departure Point: High School Athletic Doors Departure Time: 1:15 PM Return Date: Return Time: 11:00 PM	NL
Jun 9, 2023	Fri	Post-Season (NYSPHSAA Championship)	@ TBD	12:00 PM		Middletown HS	Bus/Driver: Coach Montessor/Coch Johnson/5 athletes (School Van or Small Bus requested) Class Dismissal: 1:00 PM	Departure Point: High School Athletic Doors Departure Date: Jun 9, 2023 Departure Time: 6:00 AM Return Date: Jun 10, 2023 Return Time: 11:00 PM	NL

Date: 2025-12-19