



Indian River (B) V Outdoor Track

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / 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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 10, 2024	Wed	Regular Season 68-73 L	@ Carthage	4:30 PM		Comet Field	Bus/Driver: Coach Montessor/Johnson//35 athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM	L
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 13, 2024	Sat	Regular Season (South Jeff Invitational)	@ TBD	10:00 AM		SJ Wilson Elem. Track	Bus/Driver: 2 Coaches/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 PM Return Date: Return Time: 3:00 PM	NL
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 16, 2024	Tue	Regular Season	Beaver River @ South Jefferson	4:30 PM		SJ Wilson Elem. Track	Bus/Driver: Coach Montessor/Johnson//35 athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 8:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
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	10:00 AM	12:00 PM	Indian River Outdoor Track			
Apr 23, 2024	Tue	Practice	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track			
Apr 24, 2024	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track			
Apr 25, 2024	Thu	Practice	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track			
Apr 26, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track			
Apr 27, 2024	Sat	Regular Season (SLU Invitational)	@ TBD	10:00 AM		St. Lawrence University, Canton NY	Bus/Driver: 4 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:30 AM Return Date: Return Time: 3:00 PM	NL
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
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 3, 2024	Fri	Regular Season (ESM Invitational)	@ TBD	4:30 PM		ESM High School - Stadium	Bus/Driver: 4 Coaches & 30 Athletes Class Dismissal: 1:15 PM	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 10:00 PM	NL
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 10, 2024	Fri	Regular Season (Oneida Invitational)	@ TBD	3:30 PM		Oneida H S	Bus/Driver: 4 Coaches & 30 Athletes Class Dismissal: 12:15 PM	Departure Point: High School Athletic Doors Departure Time: 12:30 PM Return Date: Return Time: 11:00 PM	NL
May 13, 2024	Mon	Regular Season (Frontier League Tournament Steeplechase)	Beaver River, South Jefferson, South Lewis, Sandy Creek, Watertown @ Carthage	4:00 PM		Comet Field	Bus/Driver: Coach Montessor/Johnson//35 athletes	Departure Point: High School Athletic Doors	L
May 14, 2024	Tue	Regular Season (Frontier League Co Ed Championships)	Carthage, South Lewis, Watertown, South Jefferson @ Beaver River	4:00 PM	8:45 PM	Beaver River H S	Bus/Driver: Coach Montessor/Johnson//35 athletes	Departure Point: High School Athletic Doors Departure Time: 2:15 PM Return Date: Return Time: 9:30 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 18, 2024	Sat	Regular Season (Van Dusen Invitational)	@ TBD	TBD		Ogdensburg Free Academy	Bus/Driver: 4 Coaches & 30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 4:00 PM	NL
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			
May 21, 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			
May 22, 2024	Wed	Post-Season (Class A Sectional Championship)	Central Square, Oswego, Watertown, Fulton, Whitesboro, Auburn, Corcoran, Nottingham, Fowler, Jamesville-Dewitt, Carthage, New Hartford, Cortland @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	Bus/Driver: 4 Coaches & 20 athletes	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:00 PM	NL
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		CNS HS-Bragman Stadium	Bus/Driver: 4 Coaches & 20 Athletes Class Dismissal: 1:15 PM	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:00 PM	L
Jun 7, 2024	Fri	Post-Season (State Championships at CNS (Day1))	@ TBD	11:00 AM		CNS HS-Bragman Stadium	Bus/Driver: 4 Coaches & 16 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 8:30 PM	NL

Date: 2024-04-18