



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
Mar 17, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 18, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 19, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 20, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 21, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 24, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 25, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 26, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 27, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	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
Mar 28, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 31, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 1, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 2, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 3, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 4, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 7, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 8, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 9, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 10, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	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 11, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 12, 2025	Sat	Regular Season (Holland Patent Invitational)	Mount Markham, Frankfort-Schuyler, Sandy Creek, Remsen, Canastota, Utica Proctor, Oneida, Beaver River, Clinton, Notre Dame, Utica @ Holland Patent	10:00 AM		HS Stadium / Track	Bus/Driver: 3 Coaches / 50 Athletes - Coach Johnson will drive	Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 5:00 PM	L
Apr 14, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 16, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 17, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 17, 2025	Thu	Regular Season (SJ Track & Field Invitational)	@ TBD	4:30 PM		SJ Wilson Elem. Track	Bus/Driver: 3 Coaches/45 Athletes (Chadd Johnson will drive round trip)	Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 9:00 PM	NL
Apr 25, 2025	Fri	Meet (Kicking Cancer Invitational)	Vs. Multiple	4:00 PM		Oswego Middle School	Bus/Driver: Coach Montressor/Johnson/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 10:00 PM	NL
Apr 28, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	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 29, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 30, 2025	Wed	Regular Season	@ Watertown	4:30 PM	7:30 PM	Watertown Turf Field	Bus/Driver: 3 Coaches/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 8:30 PM	L
May 1, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 2, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 2, 2025	Fri	Regular Season (2025 Ed Wadas Co-Ed Invitational)	Canastota, Carthage, Clinton, Fulton, Herkimer, Holland Patent, Marcellus, New Hartford, Niskayuna High School, Utica Proctor, Remsen, Rome Free Academy, South Jefferson, South Lewis, Vernon-Verona-Sherrill, Watertown, Waterville, West Canada Valley @ Whitesboro	3:45 PM		Ed Wadas Complex High School	Bus/Driver: 3 Coaches/28 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:00 PM Return Date: Return Time: 11:30 PM	NL
May 5, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	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
May 6, 2025	Tue	Regular Season	Beaver River @ South Lewis	4:30 PM		South Lewis Stadium Field	Bus/Driver: 3 Coaches/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 8:30 PM	L
May 7, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 8, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 9, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 9, 2025	Fri	Regular Season	@ TBD	3:45 PM		HS Track	Bus/Driver: 3 Coaches/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 12:30 PM Return Date: Return Time: 11:30 PM	NL
May 12, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 13, 2025	Tue	Regular Season (League Championship Meet)	Carthage, South Jefferson, Watertown, South Lewis, Beaver River, Sandy Creek	4:00 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
CANCELLED May 14, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 15, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	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
May 16, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 17, 2025	Sat	Regular Season (Van Dusen Invitational)	@ TBD	TBD		Ogdensburg Free Academy	Bus/Driver: 6 Coaches/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 4:30 PM	NL
May 19, 2025	Mon	Regular Season	South Lewis, Beaver River, South Jefferson	5:00 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
May 20, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 21, 2025	Wed	Regular Season	@ Carthage	4:30 PM		Comet Field	Bus/Driver: 3 Coaches/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 8:30 PM	L
CANCELLED May 22, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 23, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	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
May 23, 2025	Fri	Regular Season (CNS Invitational)	Adirondack, Auburn, Baldwinsville, Bishop Grimes, Canastota, Carthage, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Chenango Valley, Chittenango, Corcoran, Fabius-Pompey, Faith Heritage, Hannibal, Holland Patent, Irondequoit, Institute of Technology, Syracuse, Jamesville-Dewitt, Mexico, Morrisville-Eaton, New Hartford, Nottingham, Ogdensburg, OnTech High School, Oneida, Onondaga Central (OCS/Laf), Phoenix, Utica Proctor, Pulaski, Saranac Lake, Solvay, South Jefferson, South Lewis, Tully, West Canada Valley, West Genesee, Westhill, Whitesboro @ Cicero-North Syracuse	4:30 PM	8:45 PM	CNS HS-Bragman Stadium			L
May 23, 2025	Fri	Regular Season (CNS Invitational)	@ TBD	4:30 PM		CNS HS-Bragman Stadium	Bus/Driver: 3 Coaches/25 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 27, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 28, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 29, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
May 29, 2025	Thu	Regular Season (Class A Sectional)	@ TBD	4:30 PM		Camden High School Stadium	Bus/Driver: 3 Coaches/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:30 PM	NL
May 30, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 2, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
CANCELLED Jun 3, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 3, 2025	Tue	Post-Season (Open Qualifier)	Carthage, South Lewis, Beaver River, Watertown @ South Jefferson	4:00 PM		Cicero North Syracuse Track	Bus/Driver: 3 Coaches/20 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:00 PM Return Date: Return Time: 11:30 PM	L
Jun 4, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	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
Jun 13, 2025	Fri	Post-Season (NYSPHSAA Championship)	@ TBD	12:00 PM		Middletown HS	Bus/Driver: 3 Coaches / 15 Athletes	Departure Point: High School Athletic Doors	NL
								Departure Date: Jun 12, 2025 Departure Time: 11:00 AM Return Date: Jun 14, 2025 Return Time: 11:00 PM	
Jun 14, 2025	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	TBD		Middletown HS			NL

Date: 2025-12-19