



# Indian River

## (G) V Outdoor Track

### Coaches:

- Robert Kuba, Head Coach
- Jean Alexander, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 8, 2023	Wed	Practice (Preseason Meeting LGI)	N/A	2:30 PM	3:30 PM	TBD			
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 Fitness Center			
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 Fitness Center			
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 Fitness Center			
Mar 16, 2023	Thu	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			

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 High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 18, 2023	Sat	Practice	N/A	10:00 AM	11:00 AM	Indian River High School Main Gym			
Mar 20, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 21, 2023	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 22, 2023	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 23, 2023	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Mar 24, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	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 27, 2023	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River Outdoor Track			
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	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 4, 2023	Tue	Regular Season (League Relay Meet)	South Jefferson, Sandy Creek, Watertown, Lowville @ Beaver River	4:30 PM		Beaver River H S	Bus/Driver: Coach Kuba/Coach Bretsch/35 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L
Apr 5, 2023	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 6, 2023	Thu	Practice	N/A	2:40 PM	5:00 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
Apr 10, 2023	Mon	Practice (Varsity Girls Track Practice)	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Apr 11, 2023	Tue	Practice (Varsity Girls Track Practice)	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Apr 12, 2023	Wed	Practice (Varsity Girls Track Practice)	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Apr 13, 2023	Thu	Practice (Varsity Girls Track Practice)	N/A	10:00 AM	12:00 PM	Indian River Outdoor Track, Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Apr 16, 2023	Sun	Practice	N/A	5:00 PM	6:00 PM	Indian River Outdoor Track			

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Apr 17, 2023	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 18, 2023	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 19, 2023	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 20, 2023	Thu	Regular Season 90-49 W	Carthage	4:30 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
Apr 21, 2023	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 24, 2023	Mon	Regular Season	South Lewis, Lowville	5:15 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L

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Apr 25, 2023	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 26, 2023	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 27, 2023	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 28, 2023	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Apr 29, 2023	Sat	Regular Season (SLU Invitational)	@ TBD	TBD		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 5 Coaches/25 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:15 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	NL

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May 1, 2023	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor 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	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 4, 2023	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			

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May 5, 2023	Fri	Regular Season (Ed Wadas Invitational)	Watertown, Dolgeville, Waterville, Homer, Altmar-Parish-Williamstown (APW Rebels), West Canada Valley, Holland Patent, Henninger, New Hartford, Oneida, Niskayuna High School, Nottingham, Beaver River, Notre Dame, Utica, Town of Webb UFSD (Varsity Girls Track), Rome Free Academy, Skaneateles, Lowville, Cato-Meridian (Blue Devils), Central Valley Academy, Westmoreland, Central Square, New York Mills, Remsen, South Lewis, Clinton, Camden, Saranac Lake, Adirondack @ Whitesboro	4:00 PM		Ed Wadas Complex High School			NL
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 8, 2023	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 9, 2023	Tue	Regular Season	Sandy Creek, Beaver River @ Watertown	5:00 PM		Watertown Turf Field	Bus/Driver: Coach Kuba/Coach Bretsch/35 athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L



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May 10, 2023	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 11, 2023	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 12, 2023	Fri	Regular Season (Arcaro Invitational)	@ TBD	4:30 PM		Bville - Baker High School	<b>Bus/Driver:</b> 5 Coaches/25 Athletes <b>Class Dismissal:</b> 1:00 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	L
May 15, 2023	Mon	Regular Season (FL Championship Meet Coed)	Beaver River, Carthage, Lowville, Sandy Creek, South Jefferson, South Lewis, TBD @ Watertown	4:00 PM		Watertown H S	<b>Bus/Driver:</b> 5 Coaches/35 athletes (Girls and Boys)	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
May 16, 2023	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			

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May 17, 2023	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 18, 2023	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 19, 2023	Fri	Regular Season (CNS Invitational)	@ TBD	4:30 PM		CNS HS-Bragman Stadium	<b>Bus/Driver:</b> 5 Coaches/25 Athletes <b>Class Dismissal:</b> 2:00 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	NL
May 22, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 23, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			

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May 24, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 25, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 26, 2023	Fri	Post-Season (Class A Sectionals)	@ TBD	4:00 PM		Whitesboro High School	<b>Bus/Driver:</b> 5 Coaches/25 Athletes <b>Class Dismissal:</b> 1:00 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	NL
May 29, 2023	Mon	Practice	N/A	5:00 PM	6:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
May 30, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			

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May 31, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Indian River Outdoor Track, Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Jun 1, 2023	Thu	Post-Season (Sectional Qualifier)	TBD	4:00 PM		CNS HS-Bragman Stadium	<b>Bus/Driver:</b> 5 Coaches/25 Athletes <b>Class Dismissal:</b> 1:00 PM	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 1:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	NL

Date: 2025-12-17