



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 13, 2025	Thu	Practice (Media Day at OCC SRC Arena)	N/A	5:00 PM	5:45 PM	Onondaga Community College	Bus/Driver: School Car Traverse Request - 1 Coaches/3 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	
Mar 17, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 18, 2025	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 19, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 20, 2025	Thu	Practice	N/A	2:40 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
Mar 21, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 23, 2025	Sun	Practice (Track Practice)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym, 3C Bowl LLC			
Mar 24, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 25, 2025	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 26, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 27, 2025	Thu	Practice	N/A	2:40 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
Mar 28, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Mar 30, 2025	Sun	Practice (Track Practice)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym, 3C Bowl LLC			
Mar 31, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 1, 2025	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 2, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 3, 2025	Thu	Practice	N/A	2:40 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 4, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 7, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 8, 2025	Tue	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 9, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 10, 2025	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 11, 2025	Fri	Practice	N/A	2:40 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 12, 2025	Sat	Regular Season (Holland Patent Invitational)	Mount Markham, Frankfort-Schuyler, Beaver River, Sandy Creek, Remsen, Canastota, Lowville, Oneida, Notre Dame, Utica @ Holland Patent	10:00 AM		HS Stadium / Track	Bus/Driver: 2 Coaches/ 50 Athletes	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	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 16, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, 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/57 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:45 PM	NL
Apr 21, 2025	Mon	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 22, 2025	Tue	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			

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Apr 23, 2025	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 24, 2025	Thu	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 25, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Apr 28, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, 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/57 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM	L
May 1, 2025	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			

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May 2, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 3, 2025	Sat	Regular Season (Shamrock Invitational)	@ TBD	TBD		Salmon River Jr. Sr. High School	Bus/Driver: 3 Coaches/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 5:00 PM	NL
May 5, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 6, 2025	Tue	Regular Season	Beaver River @ South Lewis	4:30 PM		South Lewis Stadium Field	Bus/Driver: 3 Coaches/57 Athletes	Departure Point: High School Athletic Doors Departure Date: May 15, 2025 Departure Time: 2:30 PM Return Date: May 15, 2025 Return Time: 8:30 PM	L
May 7, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 8, 2025	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 9, 2025	Fri	Regular Season (Oneida Invitational)	@ TBD	3:45 PM		HS Track			NL

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May 11, 2025	Sun	Practice (Track Practice)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym, 3C Bowl LLC			
May 12, 2025	Mon	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 13, 2025	Tue	Regular Season (League Championship Meet)	Watertown, South Jefferson, South Lewis, Carthage, Beaver River, Lowville, Sandy Creek	4:00 PM	7:30 PM	Wolves Stadium, Turf Facility (Field A)			L
May 14, 2025	Wed	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 15, 2025	Thu	Regular Season	@ South Lewis	4:30 PM		South Lewis Stadium Field			NL
May 16, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, 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	Beaver River, South Lewis, South Jefferson	5:00 PM	8:30 PM	Wolves Stadium, Turf Facility (Field A)	Bus/Driver: 2 Coaches/30 Athletes	Departure Point: High School Athletic Doors	L
May 21, 2025	Wed	Regular Season	Lowville @ Carthage	4:30 PM		Comet Field	Bus/Driver: 3 Coaches/57 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:00 PM	L

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May 22, 2025	Thu	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 23, 2025	Fri	Practice	N/A	2:40 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
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	NL
May 26, 2025	Mon	Practice	N/A	5:00 PM	6:30 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 27, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
May 28, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, 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	NL

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May 30, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 2, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 3, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 4, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 5, 2025	Thu	Post-Season (Open Qualifier)	Carthage, Lowville, Beaver River, South Lewis, Watertown @ South Jefferson	4:00 PM		Cicero North Syracuse Track	Bus/Driver: 3 Coaches/25 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:30 PM Return Date: Return Time: 11:30 PM	L
Jun 6, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River Outdoor Track			

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Jun 9, 2025	Mon	Practice	N/A	3:15 PM	4:30 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 10, 2025	Tue	Practice	N/A	3:15 PM	4:30 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
Jun 11, 2025	Wed	Practice	N/A	3:15 PM	4:30 PM	Indian River High School Indoor Track, Indian River Outdoor Track			
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 Departure Date: Jun 12, 2025 Departure Time: 11:00 AM Return Date: Jun 14, 2025 Return Time: 11:00 PM	NL
Jun 14, 2025	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	TBD		Middletown HS			NL

Date: 2025-12-12