



# Indian River

## (G) V Swimming/Diving

### Coaches:

- Alan Baker, Head Coach
- Jennifer Larkin, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Aug 26, 2024	Mon	Practice	N/A	7:30 AM	9:00 AM	Indian River High School Fitness Center			
Aug 26, 2024	Mon	Practice	N/A	6:00 PM	8:00 PM	Middle School Pool			
Aug 27, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Aug 28, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Aug 29, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Aug 30, 2024	Fri	Practice	N/A	7:30 AM	9:30 AM	Middle School Pool			
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 12, 2024	Thu	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:20 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 14, 2024	Sat	Regular Season (SLU Invitational)	@ TBD	TBD		St. Lawrence University, Canton NY			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 17, 2024	Tue	Regular Season 79-103 L	@ Carthage	5:00 PM		Carthage HS Pool	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 21, 2024	Sat	Regular Season (League Invitational)	Carthage, South Jefferson, Lowville, Thousand Islands @ Watertown	9:30 AM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 24, 2024	Tue	Regular Season	@ Thousand Islands	5:00 PM		Thousand Islands Pool	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 26, 2024	Thu	Regular Season	South Lewis	5:00 PM	7:00 PM	Middle School Pool			L
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Sep 28, 2024	Sat	Regular Season (Invitational)	Beaver River, South Lewis @ Lowville	10:00 AM		Lowville High School	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 1, 2024	Tue	Regular Season 86-96 L	Carthage	5:00 PM	7:00 PM	Middle School Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 3, 2024	Thu	Regular Season	@ Watertown	5:00 PM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 8, 2024	Tue	Regular Season	Mexico	5:00 PM	7:00 PM	Middle School Pool	<b>Bus/Driver:</b> Coach Baker/Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors	L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 10, 2024	Thu	Regular Season	Lowville	5:00 PM	7:00 PM	Middle School Pool			L
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 15, 2024	Tue	Regular Season	Watertown, South Jefferson	5:00 PM	7:00 PM	Middle School Pool			L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 17, 2024	Thu	Regular Season	@ Beaver River	5:00 PM		Beaver River H S	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Oct 18, 2024	Fri	Regular Season (League Championship Diving)	Watertown, Carthage, South Jefferson, Mexico, Thousand Islands, Beaver River, South Lewis @ Lowville	5:00 PM		Lowville High School			L
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2024	Tue	Regular Season	@ Mexico	5:00 PM		Mexico HS-Pool	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 26, 2024	Sat	Regular Season (League Championship Meet)	Carthage, South Jefferson, Mexico, Lowville, Thousand Islands, South Lewis, Beaver River @ Watertown	9:30 AM		Watertown High School Pool	<b>Bus/Driver:</b> Coach Baker/Coach Larkin/14 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	L
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 2, 2024	Sat	Post-Season (Class B&C Diving Sectionals)	@ TBD	8:00 AM		Nottingham High School (Pool)			NL
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 5, 2024	Tue	Post-Season (State Qualifier (Diving))	@ TBD	2:30 PM		Nottingham High School (Pool)	<b>Bus/Driver:</b> Parent transport 1 athlete		NL
Nov 6, 2024	Wed	Post-Season (Class B&C Swimming Sectionals)	@ TBD	2:30 PM		Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Larkin/15 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 10:45 AM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	NL
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 8, 2024	Fri	Post-Season (Class B Swimming State Qualifier)	@ TBD	2:30 PM		Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Larkin/15 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 10:45 AM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL

Date: 2025-12-05