



Indian River

(G) MOD7/8/9 Swimming/Diving

Coaches:

- Cody Benner, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 7, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 8, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 11, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 12, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 13, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 14, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 15, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 18, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 19, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 20, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 21, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 22, 2023	Fri	Regular Season	@ Watertown	5:00 PM		Watertown H S	Coach Benner/21 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Sep 25, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 26, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 27, 2023	Wed	Regular Season 95-58 W	Carthage	5:00 PM		Middle School Pool			L
Sep 28, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 29, 2023	Fri	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	Bus/Driver: Coach Benner/21 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L
Oct 2, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 3, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 4, 2023	Wed	Regular Season	Watertown	5:00 PM		Middle School Pool			L
Oct 5, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 10, 2023	Tue	Regular Season	@ South Lewis	5:00 PM		South Lewis High School Pool	Bus/Driver: Coach Benner/21 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 7:45 PM	L
Oct 11, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 12, 2023	Thu	Regular Season	Beaver River	5:30 PM		Middle School Pool			L
Oct 13, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 14, 2023	Sat	Regular Season (Mod play day)	Watertown, Lowville, South Jefferson @ Carthage	9:00 AM		Carthage HS Pool	Bus/Driver: Coach Benner/19 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 9:00 AM Return Date: Return Time: 1:00 PM	L
Oct 16, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 17, 2023	Tue	Regular Season	@ Thousand Islands	5:00 PM		Thousand Islands Pool	Bus/Driver: Coach Benner/21 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L
Oct 18, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 19, 2023	Thu	Regular Season	South Jefferson	5:00 PM		Middle School Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 20, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 23, 2023	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 23, 2023	Mon	Regular Season	Lowville	5:00 PM		Middle School Pool			L
Oct 24, 2023	Tue	Regular Season 56-81 L	@ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Benner/21 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:15 PM	L
CANCELLED Oct 25, 2023	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			

Date: 2025-12-10