



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 3, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 5, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 6, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 10, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 11, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
CANCELLED Sep 12, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 17, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 18, 2024	Wed	Regular Season	Lowville	5:00 PM	7:00 PM	Middle School Pool			L
Sep 19, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 20, 2024	Fri	Regular Season	@ Watertown	5:00 PM		Watertown H S	Bus/Driver: Coach Benner/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	L
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 24, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 25, 2024	Wed	Regular Season	@ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Benner/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	L
Sep 26, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Sep 27, 2024	Fri	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	Bus/Driver: Coach Benner/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 1, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 2, 2024	Wed	Regular Season	Watertown	5:00 PM	7:00 PM	Middle School Pool			L
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 4, 2024	Fri	Regular Season	@ South Lewis	5:00 PM		South Lewis High School Pool	Bus/Driver: Coach Benner/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	L
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 8, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 9, 2024	Wed	Regular Season	Beaver River	5:00 PM	7:00 PM	Middle School Pool			L
Oct 10, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
CANCELLED Oct 11, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 15, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 16, 2024	Wed	Regular Season	South Jefferson	5:00 PM	7:00 PM	Middle School Pool			L
Oct 17, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 18, 2024	Fri	Regular Season	Carthage	5:00 PM	7:00 PM	Middle School Pool			L
Oct 21, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 22, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 23, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Oct 24, 2024	Thu	Regular Season	Lowville, South Lewis, South Jefferson, Watertown, Beaver River, Thousand Islands @ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Benner/10 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:15 PM	L

Date: 2026-02-25