



# 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, 2025	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 4, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 5, 2025	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 8, 2025	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 9, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 10, 2025	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 11, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 12, 2025	Fri	Regular Season 37-97 L	Carthage	5:00 PM	7:00 PM	Middle School Pool			L
Sep 16, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 17, 2025	Wed	Regular Season	@ Lowville	5:00 PM		Lowville High School Main Gym	<b>Bus/Driver:</b> Coach Cody Benner / 15 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:15 PM	L
Sep 18, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 19, 2025	Fri	Regular Season	Watertown	5:00 PM	7:00 PM	Middle School Pool			L
Sep 22, 2025	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 23, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 24, 2025	Wed	Regular Season	@ Beaver River	5:00 PM		Beaver River H S	<b>Bus/Driver:</b> Coach Cody Benner / 15 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 25, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 26, 2025	Fri	Regular Season	South Jefferson	5:00 PM	7:00 PM	Middle School Pool			L
Sep 29, 2025	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Sep 30, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 1, 2025	Wed	Regular Season	@ Watertown	5:00 PM		Watertown H S	<b>Bus/Driver:</b> Coach Cody Benner / 15 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 2, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 3, 2025	Fri	Regular Season	South Lewis	5:00 PM	7:00 PM	Middle School Pool			L
Oct 6, 2025	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 7, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 7, 2025	Tue	Regular Season	Thousand Islands	5:00 PM	7:00 PM	Middle School Pool			L
Oct 8, 2025	Wed	Regular Season 41-64 L	@ Carthage	5:00 PM	7:00 PM	Carthage HS Pool	<b>Bus/Driver:</b> Coach Cody Benner / 15 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 9, 2025	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 14, 2025	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Oct 15, 2025	Wed	Regular Season	@ South Jefferson	5:00 PM	7:00 PM	SJ HS/MS - Pool	<b>Bus/Driver:</b> Coach Cody Benner / 15 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:15 PM	L
Oct 16, 2025	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
Oct 17, 2025	Fri	Regular Season (Mod Playday)	Lowville, Beaver River, Thousand Islands, South Lewis, Watertown, South Jefferson @ Carthage	4:30 PM		Carthage HS Pool	<b>Bus/Driver:</b> Coach Benner/12 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

Date: 2025-12-14