



Indian River

(B) V Swimming/Diving

Coaches:

- Alan Baker, Head Coach
- Marcia Pawling, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|--------------------|----------------|---------------------|
| Nov 18, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 19, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 20, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 21, 2024 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 22, 2024 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 25, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Nov 26, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 2, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 3, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 4, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 5, 2024 | Thu | Regular Season | Gouverneur | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Dec 6, 2024 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 7, 2024 | Sat | Regular Season (Indian River Invitational) | Watertown, Carthage, South Jefferson, Lowville, Gouverneur | 11:00 AM | 4:00 PM | Middle School Pool | | L |
| Dec 7, 2024 | Sat | Regular Season (Invitational) | New Hartford | TBD | 6:30 PM | Middle School Pool | | L |
| Dec 9, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 10, 2024 | Tue | Regular Season | @ Watertown | 5:00 PM | | Watertown H S | | L |
| Dec 11, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 12, 2024 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 13, 2024 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|-----------------|------------|----------|--------------------|----------------|---------------------|
| Dec 16, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 17, 2024 | Tue | Regular Season | Mexico | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Dec 18, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Dec 19, 2024 | Thu | Regular Season | Carthage | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Dec 20, 2024 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 6, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 7, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 8, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 9, 2025 | Thu | Regular Season | South Jefferson | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Jan 10, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 13, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 14, 2025 | Tue | Regular Season | Lowville | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Jan 15, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 16, 2025 | Thu | Regular Season | @ Carthage | 5:00 PM | | Carthage HS Pool | | L |
| Jan 17, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 20, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 21, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 22, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 23, 2025 | Thu | Regular Season | Watertown | 5:00 PM | 6:30 PM | Middle School Pool | | L |
| Jan 24, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|--------------------|----------------|---------------------|
| Jan 25, 2025 | Sat | Regular Season (Watertown Invitational) | Carthage, South Jefferson, Lowville, Gouverneur, Mexico @ Watertown | 11:00 AM | | Watertown H S | | L |
| Jan 27, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 28, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 29, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Jan 30, 2025 | Thu | Regular Season (League Diving Championships) | Watertown, Carthage, South Jefferson, Lowville, Gouverneur, Mexico | 5:00 PM | 6:30 PM | TBD | | L |
| Jan 31, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Feb 1, 2025 | Sat | Regular Season (League Championship Meet) | Watertown, Carthage, South Jefferson, Lowville, Gouverneur, Mexico | 11:00 AM | | TBD | | L |
| Feb 3, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Feb 4, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Feb 5, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Feb 6, 2025 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |
| Feb 7, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Middle School Pool | | |

Date: 2024-11-06