



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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 16, 2022	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD			
Nov 16, 2022	Wed	Practice (B) V Swim/Diving)	N/A	3:30 PM	5:15 PM	Middle School Pool			
Nov 17, 2022	Thu	Practice (B) V Swim/Diving)	N/A	2:45 PM	4:30 PM	Middle School Pool			
Nov 17, 2022	Thu	Practice	N/A	3:00 PM	4:15 PM	TBD			
Nov 18, 2022	Fri	Practice	N/A	3:30 PM	5:15 PM	TBD			
Nov 18, 2022	Fri	Practice (B) V Swim/Diving)	N/A	3:30 PM	5:15 PM	Middle School Pool			
Nov 21, 2022	Mon	Practice	N/A	10:30 AM	12:00 PM	TBD			
Nov 22, 2022	Tue	Practice ((B) V Swim Practice)	N/A	10:00 AM	12:30 PM	Middle School Pool			
Nov 22, 2022	Tue	Practice	N/A	10:30 AM	12:00 PM	TBD			
Nov 23, 2022	Wed	Practice	N/A	9:30 AM	11:00 AM	Middle School Pool			
Nov 25, 2022	Fri	Practice	N/A	9:30 AM	11:00 AM	Middle School Pool			
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	5:15 PM	TBD			
Nov 29, 2022	Tue	Practice	N/A	3:30 PM	5:15 PM	Middle School Pool			
POSTPONED Nov 29, 2022	Tue	Regular Season	South Jefferson	5:00 PM		Middle School Pool			NL
Nov 30, 2022	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD			
Dec 1, 2022	Thu	Regular Season	Lowville	5:00 PM		Middle School Pool			L
Dec 2, 2022	Fri	Practice	N/A	3:30 PM	5:15 PM	TBD			
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Middle School Pool			
Dec 6, 2022	Tue	Regular Season 93-67 W	Carthage	5:00 PM		Middle School Pool			L
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
Dec 8, 2022	Thu	Practice	N/A	3:30 PM	5:15 PM	Middle School Pool			
Dec 9, 2022	Fri	Practice	N/A	3:30 PM	5:15 PM	TBD			
Dec 10, 2022	Sat	Meet (Indian River Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)			NL
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2022	Tue	Regular Season	@ Gouverneur	5:00 PM		Gouverneur HS	Bus/Driver: Coach Baker/Pawling/Benner/30 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 9:30 PM	L
Dec 14, 2022	Wed	Practice	N/A	3:30 PM	5:15 PM	Middle School Pool			
Dec 15, 2022	Thu	Regular Season	Watertown	5:00 PM		Middle School Pool			L
Dec 16, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	Middle School Pool			
Dec 20, 2022	Tue	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 21, 2022	Wed	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 22, 2022	Thu	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Dec 26, 2022	Mon	Practice (Varsity Swimming Practice)	N/A	9:30 AM	11:00 AM	Middle School Pool			
CANCELLED Dec 27, 2022	Tue	Practice (Varsity Swimming Practice)	N/A	9:30 AM	11:00 AM	Middle School Pool			
Dec 28, 2022	Wed	Practice (Varsity Swimming Practice)	N/A	9:30 AM	11:00 AM	Middle School Pool			
Dec 29, 2022	Thu	Practice (Varsity Swimming Practice)	N/A	9:30 AM	11:00 AM	Middle School Pool			
Jan 3, 2023	Tue	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 4, 2023	Wed	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 5, 2023	Thu	Regular Season 72-83 L	@ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:50 PM Return Date: Return Time: 7:30 PM	L
Jan 6, 2023	Fri	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 9, 2023	Mon	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 9, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 10, 2023	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S	Bus/Driver: Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 8:00 PM	L
Jan 11, 2023	Wed	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			

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Jan 12, 2023	Thu	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	Bus/Driver: Coach Baker/Pawling/13 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Indian River Intermediate School Aux Gym			
Jan 13, 2023	Fri	Practice (Varsity Swimming Practice)	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 14, 2023	Sat	Regular Season (Salt City Diving Invitational)	@ TBD	10:00 AM		Nottingham High School (Pool)			L
Jan 14, 2023	Sat	Regular Season (Tournament-Invitational)	TBD, Lowville, South Jefferson, Gouverneur @ Watertown	12:00 PM		Watertown H S	Bus/Driver: Coach Baker/Pawling/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 9:20 AM Return Date: Return Time: 3:30 PM	L
Jan 16, 2023	Mon	Practice	N/A	9:00 AM	1:00 PM	Middle School Pool			
Jan 18, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 19, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 21, 2023	Sat	Meet (Frontier League Championship)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)			NL
Jan 24, 2023	Tue	Regular Season	@ Canton	4:30 PM	6:00 PM	Williams HS	Bus/Driver: Coach Baker/Pawling/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	L
Jan 26, 2023	Thu	Regular Season 49-47-68 L	Carthage, Lowville	5:00 PM		Middle School Pool			L
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 31, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 31, 2023	Tue	Regular Season (League Diving Championships)	Watertown, Lowville, Gouverneur, South Jefferson	5:00 PM	6:30 PM	Middle School Pool			L
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 2, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

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Feb 7, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 8, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 10, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 11, 2023	Sat	Post-Season (Section 3 Class @ B Diving)	TBD	9:30 AM	10:00 AM	Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/1 Athlete (Small bus)	Departure Point: High School Athletic Doors Departure Time: 6:00 AM Return Date: Return Time: 3:30 PM	NL
Feb 13, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 14, 2023	Tue	Regular Season @	TBD	2:35 PM	7:00 PM	Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/1 Athlete (Small bus)	Departure Point: High School Athletic Doors Departure Time: 10:45 AM Return Date: Return Time: 7:30 PM	L
Feb 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 15, 2023	Wed	Post-Season (Class B/C Swimming Sectionals)	@ TBD	1:30 PM	5:00 PM	Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/11 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:30 PM Return Date: Return Time: 10:00 PM	NL
Feb 15, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 17, 2023	Fri	Regular Season (Section 3 State Qualifier Swimming)	@ TBD	3:00 PM	7:00 PM	Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/8 Athletes	Departure Point: High School Athletic Doors Departure Time: 11:30 AM Return Date: Return Time: 8:30 PM	L
Feb 21, 2023	Tue	Practice	N/A	9:30 AM	11:30 AM	Middle School Pool			
Feb 22, 2023	Wed	Practice	N/A	9:30 AM	11:30 AM	Middle School Pool			
Feb 23, 2023	Thu	Practice	N/A	9:30 AM	11:30 AM	Middle School Pool			
Feb 24, 2023	Fri	Practice	N/A	9:30 AM	11:30 AM	Middle School Pool			
Mar 3, 2023	Fri	Post-Season (State Championships at Ithaca College)	@ TBD	8:00 AM	5:00 PM	Ithaca College	Bus/Driver: Coach Pawling/1 Athlete (School Van or Small bus)	Departure Point: High School Athletic Doors Departure Date: Mar 2, 2023 Departure Time: 11:00 AM	NL

Date: 2025-12-19