



# 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 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	10:45 AM	12:00 PM	Middle School Pool			
Nov 26, 2024	Tue	Practice	N/A	10:45 AM	12:00 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			
CANCELLED Dec 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 5, 2024	Thu	Regular Season	South Jefferson @ Gouverneur	5:30 PM		Gouverneur HS	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 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
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 7, 2024	Sat	Meet (Indian River Swimming Invitational)	Vs. Multiple	11:00 AM	3:00 PM	Middle School Pool			NL
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 10, 2024	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 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
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 13, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Middle School Pool			
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 17, 2024	Tue	Regular Season 62-102 L	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 70-61 W	@ Carthage	5:00 PM		Carthage HS Pool	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Dec 20, 2024	Fri	Scrimmage (Christmas Relays)	Watertown, Gouverneur @ Lowville	5:00 PM		Lowville High School	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Dec 20, 2024	Fri	Regular Season (Relay invitational)	Carthage, Watertown @ Lowville	5:00 PM		Lowville High School	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Dec 23, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	Middle School Pool			
Dec 26, 2024	Thu	Practice	N/A	9:00 AM	10:30 AM	Middle School Pool			
Dec 27, 2024	Fri	Practice	N/A	9:00 AM	10:30 AM	Middle School Pool			
Dec 30, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	Middle School Pool			
Dec 31, 2024	Tue	Practice	N/A	9:00 AM	10:30 AM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2025	Fri	Practice	N/A	9:00 AM	10:30 AM	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	SJ HS/MS - Pool	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	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 17, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 18, 2025	Sat	Regular Season (League Championship Meet)	Carthage, South Jefferson, Lowville, Gouverneur, Mexico @ Watertown	11:00 AM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
Jan 20, 2025	Mon	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			
POSTPONED Jan 23, 2025	Thu	Regular Season	Watertown	5:00 PM	6:30 PM	Middle School Pool			L
POSTPONED Jan 23, 2025	Thu	Regular Season	TBD	5:00 PM	6:30 PM	Middle School Pool			L
Jan 23, 2025	Thu	Regular Season	Carthage, 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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 25, 2025	Sat	Regular Season (Watertown Invitational)	Carthage, South Jefferson, Lowville, Gouverneur @ Watertown	11:00 AM		Watertown H S	<b>Bus/Driver:</b> Coach Baker/Coach Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
CANCELLED 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 31, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
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			
CANCELLED 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			
Feb 12, 2025	Wed	Post-Season (Class B Swimming Championships)	@ TBD	2:00 PM		Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	NL
Feb 14, 2025	Fri	Post-Season (Class B Swimming State Qualifier)	@ TBD	2:00 PM		Nottingham High School (Pool)	<b>Bus/Driver:</b> Coach Baker/Pawling/8 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL

Date: 2025-12-07