



# Indian River

## (B) 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 |
|------------------------|----------|--------------------------------------|--------------|------------|----------|--------------------|--|---|---------------------|
| Oct 31, 2022           | Mon      | Practice ((B) Modified Swim)         | N/A          | TBD        |          | Middle School Pool |  |   |                     |
| Nov 1, 2022            | Tue      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:15 PM  | Middle School Pool |  |   |                     |
| Nov 2, 2022            | Wed      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:15 PM  | Middle School Pool |  |   |                     |
| Nov 3, 2022            | Thu      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:15 PM  | Middle School Pool |  |   |                     |
| Nov 4, 2022            | Fri      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:15 PM  | Middle School Pool |  |   |                     |
| Nov 7, 2022            | Mon      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:00 PM  | Middle School Pool |  |   |                     |
| Nov 8, 2022            | Tue      | Regular Season                       | Lowville     | 5:00 PM    |          | Middle School Pool |  |   | L                   |
| Nov 9, 2022            | Wed      | Practice ((B) Modified Swim)         | N/A          | 2:30 PM    | 4:00 PM  | Middle School Pool |  |   |                     |
| Nov 10, 2022           | Thu      | Regular Season 74-69 W               | Carthage     | 5:00 PM    |          | Middle School Pool |  |   | L                   |
| Nov 14, 2022           | Mon      | Practice (B) Mod Swim/Diving)        | N/A          | 2:30 PM    | 4:00 PM  | Middle School Pool |  |   |                     |
| POSTPONED Nov 15, 2022 | Tue      | Regular Season                       | @ Gouverneur | 5:00 PM    |          | Gouverneur HS      | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:00 PM | L                   |
| Nov 16, 2022           | Wed      | Practice (B) Mod Swim/Diving)        | N/A          | 2:30 PM    | 4:00 PM  | Middle School Pool |  |   |                     |
| Nov 17, 2022           | Thu      | Regular Season                       | Watertown    | 5:00 PM    |          | Middle School Pool |  |   | L                   |
| Nov 18, 2022           | Fri      | Practice (B) Mod Swim/Diving)        | N/A          | 2:30 PM    | 4:00 PM  | Middle School Pool |  |   |                     |
| Nov 21, 2022           | Mon      | Practice (B) Modified Swim Practice) | N/A          | 10:30 AM   | 12:00 PM | Middle School Pool |  |   |                     |
| Nov 22, 2022           | Tue      | Practice                             | N/A          | 10:30 AM   | 12:00 PM | Middle School Pool |  |   |                     |
| Nov 22, 2022           | Tue      | Practice (B) Modified Swim Practice) | N/A          | 10:30 AM   | 12:00 PM | Middle School Pool |  |   |                     |

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|------------------------|----------|-------------------------------------|-------------------|------------|----------|-------------------------------|--|---|---------------------|
| Nov 28, 2022           | Mon      | Practice                            | N/A               | 2:30 PM    | 4:15 PM  | Middle School Pool            |  |   |                     |
| POSTPONED Nov 28, 2022 | Mon      | Regular Season                      | Gouverneur        | 5:00 PM    |          | Middle School Pool            |  |   | L                   |
| Nov 29, 2022           | Tue      | Practice                            | N/A               | 2:30 PM    | 4:10 PM  | Middle School Pool            |  |   |                     |
| Nov 30, 2022           | Wed      | Regular Season                      | @ South Jefferson | 5:00 PM    | 8:00 PM  | SJ HS/MS - Pool               | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:15 PM | L                   |
| Dec 1, 2022            | Thu      | Practice (Practice MOD SWIM )       | N/A               | 2:30 PM    | 4:05 PM  | Middle School Pool            |  |   |                     |
| Dec 2, 2022            | Fri      | Regular Season                      | @ Carthage        | 5:00 PM    |          | Carthage HS Pool              | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:00 PM | L                   |
| Dec 5, 2022            | Mon      | Regular Season                      | @ Watertown       | 5:00 PM    |          | Watertown H S                 | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:15 PM | L                   |
| Dec 6, 2022            | Tue      | Practice                            | N/A               | 2:30 PM    | 4:00 PM  | Middle School Pool            |  |   |                     |
| Dec 7, 2022            | Wed      | Regular Season                      | South Jefferson   | 4:30 PM    | 6:00 PM  | Middle School Pool            |  |   | L                   |
| Dec 8, 2022            | Thu      | Practice                            | N/A               | 2:30 PM    | 4:00 PM  | Middle School Pool            |  |   |                     |
| Dec 9, 2022            | Fri      | Practice                            | N/A               | 2:30 PM    | 4:00 PM  | Middle School Pool            |  |   |                     |
| Dec 12, 2022           | Mon      | Practice (MOD Practice )            | N/A               | 2:30 PM    | 4:05 PM  | Middle School Pool            |  |   |                     |
| Dec 13, 2022           | Tue      | Regular Season (Mod/Var Combo Meet) | @ Gouverneur      | 5:00 PM    | 7:00 PM  | Gouverneur HS                 |  |   | L                   |
| Dec 14, 2022           | Wed      | Regular Season                      | @ Lowville        | 5:00 PM    | 8:00 PM  | Lowville High School Main Gym | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:30 PM | L                   |

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|--------------|----------|---|----------------------------------|------------|----------|--------------------|--|---|---------------------|
| Dec 15, 2022 | Thu      | Practice (MOD Practice )                        | N/A                              | 2:30 PM    | 4:05 PM  | Middle School Pool |  |   |                     |
| Dec 19, 2022 | Mon      | Regular Season (Modified Playday) 70-71-33-70 L | Watertown, Gouverneur @ Carthage | 5:00 PM    |          | Carthage HS Pool   | <b>Bus/Driver:</b><br>Coach Benner/25 Athletes | <b>Departure Point:</b><br>Middle School Pool Entrance<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 8:00 PM | L                   |

Date: 2026-02-25