



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	Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 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	Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 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	Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	L
Dec 5, 2022	Mon	Regular Season	@ Watertown	5:00 PM		Watertown H S	Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 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	Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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	Bus/Driver: Coach Benner/25 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 8:00 PM	L

Date: 2024-06-02