



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 30, 2023	Mon	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 1, 2023	Wed	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 2, 2023	Thu	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
POSTPONED Nov 2, 2023	Thu	Regular Season (Modified Playday)	Watertown, South Jefferson, Lowville, Gouverneur @ Carthage	5:00 PM	8:00 PM	TBD	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:30 PM	L
Nov 3, 2023	Fri	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 6, 2023	Mon	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 8, 2023	Wed	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 9, 2023	Thu	Regular Season	Carthage	5:00 PM		Middle School Pool			L
Nov 13, 2023	Mon	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
CANCELLED Nov 14, 2023	Tue	Regular Season	Gouverneur	5:00 PM	7:00 PM	Middle School Pool			L
Nov 15, 2023	Wed	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 16, 2023	Thu	Regular Season	@ Watertown	5:00 PM	8:00 PM	Watertown H S	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	L
Nov 17, 2023	Fri	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 20, 2023	Mon	Regular Season	South Jefferson	5:00 PM	7:00 PM	Middle School Pool			L
Nov 27, 2023	Mon	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 27, 2023	Mon	Regular Season	Gouverneur	5:00 PM	6:30 PM	Middle School Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE	LEAGUE
Nov 28, 2023	Tue	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
CANCELLED Nov 29, 2023	Wed	Practice (MOD Practice)	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 30, 2023	Thu	Regular Season 52-39 W	@ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	L
Dec 1, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 4, 2023	Mon	Regular Season	Watertown	5:00 PM		Middle School Pool			L
Dec 5, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 7, 2023	Thu	Regular Season	@ South Jefferson	4:30 PM		SJ HS/MS - Pool	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 7:15 PM	L
Dec 8, 2023	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 11, 2023	Mon	Regular Season (Modified Conclusion Playday (Diving Starts at 4:30))	Watertown, Lowville, Gouverneur, Carthage @ South Jefferson	5:00 PM	8:00 PM	SJ HS/MS - Pool	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	L
Dec 12, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 12, 2023	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 13, 2023	Wed	Regular Season	Lowville	5:00 PM	7:00 PM	Middle School Pool			L
Dec 14, 2023	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 15, 2023	Fri	Regular Season	@ Lowville	5:00 PM	8:00 PM	Lowville High School Main Gym	Bus/Driver: Coach Benner/12 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L

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Dec 20, 2023	Wed	Regular Season	@ Canton	5:00 PM	7:00 PM	Williams HS	Bus/Driver: Coach Baker/Pawling/Benner/24 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:50 PM Return Date: Return Time: 8:30 PM	L

Date: 2025-12-15