



# 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, 2024	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 1, 2024	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 4, 2024	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 5, 2024	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 6, 2024	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 7, 2024	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 8, 2024	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 12, 2024	Tue	Regular Season 82-57 W	Carthage	5:00 PM	7:00 PM	Middle School Pool			L
Nov 13, 2024	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 14, 2024	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
POSTPONED Nov 14, 2024	Thu	Regular Season	@ Gouverneur	5:00 PM		Gouverneur HS	Coach Benner/35 Athletes	<b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Nov 15, 2024	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 18, 2024	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 19, 2024	Tue	Regular Season	Watertown	5:00 PM		Middle School Pool			L
Nov 20, 2024	Wed	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2024	Thu	Regular Season	@ South Jefferson	5:00 PM	8:00 PM	SJ HS/MS - Pool	Coach Benner/35 Athletes	<b>Bus/Driver:</b> Coach Benner/35 Athletes <b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:15 PM	L
Nov 22, 2024	Fri	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Nov 25, 2024	Mon	Regular Season	@ Lowville	5:00 PM		Lowville High School Main Gym	Coach Benner/26 Athletes	<b>Bus/Driver:</b> Coach Benner/26 Athletes <b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Dec 3, 2024	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 4, 2024	Wed	Regular Season	Gouverneur	5:00 PM	8:00 PM	Middle School Pool			L
Dec 5, 2024	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 6, 2024	Fri	Regular Season 113-22 W	@ Carthage	4:30 PM		Carthage HS Pool	Coach Benner/35 Athletes	<b>Bus/Driver:</b> Coach Benner/35 Athletes <b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Dec 9, 2024	Mon	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 10, 2024	Tue	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 11, 2024	Wed	Regular Season	South Jefferson	5:00 PM	7:00 PM	Middle School Pool			L
Dec 12, 2024	Thu	Practice	N/A	2:35 PM	4:00 PM	Middle School Pool			
Dec 13, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Middle School Pool			
POSTPONED Dec 13, 2024	Fri	Regular Season (Conclusion Play Day)	South Jefferson, Lowville, Gouverneur, Carthage @ Watertown	5:00 PM		Watertown H S	Coach Benner/35 Athletes	<b>Bus/Driver:</b> Coach Benner/35 Athletes <b>Departure Point:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Dec 16, 2024	Mon	Regular Season	Lowville	5:00 PM	6:30 PM	Middle School Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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Dec 17, 2024	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S	Coach Benner/35 Athletes	<b>Bus/Driver:</b> Middle School Pool Entrance <b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
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Date: 2026-03-01