



Indian River (G) V Winter Track

Coaches:

- Matt Armes, Head Coach
- Robert Kuba, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Nov 28, 2023	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
CANCELLED Nov 29, 2023	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 5, 2023	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 6, 2023	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 8, 2023	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coach Armes/Kuba/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM	L
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2023	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 15, 2023	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM	L
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 19, 2023	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 20, 2023	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 2, 2024	Tue	Practice	N/A	11:00 AM	12:30 PM	Indian River High School Indoor Track			
Jan 3, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 4, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Jan 5, 2024	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM
Jan 8, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		L
CANCELLED Jan 9, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
CANCELLED Jan 10, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
CANCELLED Jan 11, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Jan 12, 2024	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM
Jan 16, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Jan 17, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
CANCELLED Jan 18, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Jan 19, 2024	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM
Jan 22, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 23, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 25, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 27, 2024	Sat	Regular Season (Section X Invitational)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM	L
Jan 29, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 30, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 31, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 1, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 2, 2024	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM	L
Feb 5, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 8, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 9, 2024	Fri	Regular Season	@ TBD	6:00 AM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Feb 9, 2024	Fri	Post-Season (Section X Sectional Championships)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 11:00 PM
Feb 12, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Feb 13, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Feb 15, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Feb 26, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Feb 27, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Feb 29, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Mar 1, 2024	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		
Mar 2, 2024	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	8:45 AM		Ocean Breeze, Staten Island	Bus/Driver: 2 Coaches & 7 Athletes	Departure Point: High School Athletic Doors Departure Date: Mar 1, 2024 Departure Time: 1:30 PM Return Date: Mar 2, 2024 Return Time: 8:30 PM
TBD		Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track		