



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	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Nov 29, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Nov 30, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 1, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 2, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 5, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track		
Dec 5, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track		
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track		
Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym		
Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River High School	Auxiliary Gym		
Dec 9, 2022	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River High School	Indoor Track		
Dec 12, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School	Fitness Center, Indian River High School Indoor Track		
Dec 13, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School	Fitness Center, Indian River High School Indoor Track		
Dec 14, 2022	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School	Fitness Center, Indian River High School Indoor Track		
Dec 15, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School	Fitness Center, Indian River High School Indoor Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2022	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Dec 19, 2022	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Dec 20, 2022	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Dec 21, 2022	Wed	Regular Season	@ Canton	6:00 PM	10:00 PM	St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
CANCELLED Dec 22, 2022	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track, Indian River High School Fitness Center			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 28, 2022	Wed	Regular Season (Westhill Invitational)	@ TBD	10:00 AM		OCC SRC Arena	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 7:00 AM Return Date: Return Time: 4:00 PM	L
Jan 3, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 4, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 5, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 6, 2023	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
Jan 9, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 9, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym			
Jan 10, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym			
Jan 10, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 11, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym			
Jan 11, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 12, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym			
Jan 12, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Fitness Center, Indian River High School Indoor Track			
POSTPONED Jan 13, 2023	Fri	Regular Season	TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
POSTPONED Jan 17, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 18, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 19, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Jan 20, 2023	Fri	Regular Season	TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
Jan 27, 2023	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
Jan 30, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Feb 1, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Feb 2, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Fitness Center, Indian River High School Indoor Track			
Feb 3, 2023	Fri	Regular Season (Invitational)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
Feb 6, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 7, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Feb 8, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Feb 9, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Feb 10, 2023	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:30 PM Return Date: Return Time: 11:00 PM	L
Feb 13, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Feb 15, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 16, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym, Indian River High School Fitness Center			
Feb 16, 2023	Thu	Regular Season (Section X Sectional Championships)	@ TBD	6:30 PM		St. Lawrence University, Canton NY	Bus/Driver: Coaches Armes/Kuba/Marsell/Brown/45 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:45 PM Return Date: Return Time: 10:30 PM	L
Feb 21, 2023	Tue	Practice	N/A	11:00 AM	12:00 PM	Indian River High School Main Gym, Indian River High School Indoor Track			
Feb 22, 2023	Wed	Practice	N/A	11:00 AM	12:00 PM	Indian River High School Main Gym, Indian River High School Indoor Track			
Feb 24, 2023	Fri	Practice	N/A	11:00 AM	12:00 PM	Indian River High School Main Gym, Indian River High School Indoor Track			
Feb 27, 2023	Mon	Practice	N/A	2:45 PM	3:45 PM	Indian River High School Auxiliary Gym			
Mar 1, 2023	Wed	Practice	N/A	2:45 PM	3:45 PM	Indian River High School Auxiliary Gym			
Mar 3, 2023	Fri	Practice	N/A	2:45 PM	3:45 PM	Indian River High School Auxiliary Gym			

Date: 2024-05-09