



Indian River (G) V Winter Track

Coaches:

- Robert Kuba, Head Coach
- Jean Alexander, 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 | LEAGUE / 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 | L |
| Jan 8, 2024 | Mon | Practice | N/A | 2:45 PM | 4:20 PM | Indian River High School Indoor Track | | | |
| 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 | L |
| 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 | L |
| Jan 22, 2024 | Mon | Practice | N/A | 2:45 PM | 4:20 PM | Indian River High School Indoor Track | | | |

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|--------------|----------|---|-----------|------------|----------|---------------------------------------|--|--|---------------------|
| 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 | | |