



# 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 18, 2024	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 19, 2024	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 20, 2024	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 21, 2024	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 22, 2024	Fri	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 24, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Nov 25, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 26, 2024	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2024	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
POSTPONED Nov 29, 2024	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 1, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 2, 2024	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 3, 2024	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
CANCELLED Dec 4, 2024	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 5, 2024	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 6, 2024	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL
Dec 8, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2024	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 10, 2024	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 11, 2024	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 12, 2024	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 13, 2024	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> 11:30 PM	NL
Dec 15, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 16, 2024	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 17, 2024	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 18, 2024	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 19, 2024	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 20, 2024	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL
Dec 22, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 23, 2024	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 26, 2024	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 27, 2024	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 28, 2024	Sat	Regular Season (CNY Holiday Classic Session 1)	@ TBD	10:00 AM	3:00 PM	TBD	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	NL
Dec 29, 2024	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2024	Mon	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 31, 2024	Tue	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 2, 2025	Thu	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 3, 2025	Fri	Practice (Practice)	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 5, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 6, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 7, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 8, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 9, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 10, 2025	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL
Jan 12, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 13, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 14, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 15, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 16, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 17, 2025	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Jan 20, 2025	Mon	Practice (Practice)	N/A	5:30 PM	7:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 21, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 22, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 23, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 24, 2025	Fri	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 25, 2025	Sat	Regular Season (Section X Invitational)	@ TBD	6:00 PM	10:00 PM	St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	L
CANCELLED Jan 27, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 28, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

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Jan 29, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 30, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 31, 2025	Fri	Regular Season @ TBD		6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL
Feb 2, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 3, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 4, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 5, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
CANCELLED Feb 6, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			



DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 7, 2025	Fri	Post-Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> 2 Coaches/40 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 11:30 PM	NL
Feb 9, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 10, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 11, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 12, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 13, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 23, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 24, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 25, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 26, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 27, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 28, 2025	Fri	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 2, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Mar 3, 2025	Mon	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 4, 2025	Tue	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 5, 2025	Wed	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 6, 2025	Thu	Practice (Practice)	N/A	2:40 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 8, 2025	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	8:15 AM		Ocean Breeze, Staten Island	<b>Bus/Driver:</b> 3 Coaches/17 Athletes (12 girls/5boys)	<b>Departure Point:</b> High School Athletic Doors <b>Departure Date:</b> Mar 7, 2025 <b>Departure Time:</b> 7:25 AM <b>Return Date:</b> Mar 9, 2025 <b>Return Time:</b> 12:00 PM	NL
Mar 9, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Apr 6, 2025	Sun	Practice (Pole Vault)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			

Date: 2025-12-13