



# 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 17, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 18, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 19, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 20, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 21, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 23, 2025	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Nov 23, 2025	Sun	Practice (Jumping/Weighthrow)	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
Nov 24, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 25, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 26, 2025	Wed	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Nov 30, 2025	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Nov 30, 2025	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 1, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 2, 2025	Tue	Practice	N/A	2:30 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 3, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 4, 2025	Thu	Practice	N/A	2:30 AM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
CANCELLED Dec 4, 2025	Thu	Regular Season	@ TBD	6:15 PM		St. Lawrence University, Canton NY			L
Dec 5, 2025	Fri	Practice	N/A	2:30 AM	5:00 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Dec 8, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 9, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
CANCELLED Dec 10, 2025	Wed	Practice	N/A	2:30 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 11, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 12, 2025	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Dec 14, 2025	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Dec 14, 2025	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 15, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 16, 2025	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 17, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 18, 2025	Thu	Practice	N/A	2:30 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 19, 2025	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Dec 21, 2025	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Dec 21, 2025	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 22, 2025	Mon	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 23, 2025	Tue	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 26, 2025	Fri	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 28, 2025	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Dec 28, 2025	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Dec 29, 2025	Mon	Practice	N/A	10:00 AM	12:00 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 30, 2025	Tue	Practice	N/A	10:00 AM	12:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 4, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Jan 4, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 5, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 6, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 7, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 8, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 9, 2026	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Jan 11, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 12, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 13, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 14, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 15, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 16, 2026	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Jan 20, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

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Jan 21, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 22, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 24, 2026	Sat	Regular Season (Section X Invitational)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	Departure Point: High School Athletic Doors Departure Time: 4:15 PM Return Date: Return Time: 10:45 PM	L
Jan 25, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Jan 25, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Jan 26, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 27, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 28, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			



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Jan 29, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Jan 30, 2026	Fri	Regular Season	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Feb 1, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Feb 1, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 2, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 3, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 4, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 5, 2026	Thu	Practice	N/A	2:30 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 6, 2026	Fri	Post-Season (Sectionals)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Feb 8, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Feb 8, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	5:30 PM	6:30 PM	Indian River High School Main Gym			
Feb 9, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 10, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 11, 2026	Wed	Post-Season (Section X State Qualifier)	@ TBD	6:00 PM		St. Lawrence University, Canton NY	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:45 PM	L
Feb 12, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 13, 2026	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			

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Feb 23, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 24, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 25, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 26, 2026	Thu	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Feb 27, 2026	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 1, 2026	Sun	Practice (Track Weightlifting)	N/A	4:30 PM	5:30 PM	Indian River High School Fitness Center			
Mar 1, 2026	Sun	Practice (Jumping/Weighthrow)	N/A	TBD		Indian River High School Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 2, 2026	Mon	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 3, 2026	Tue	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 4, 2026	Wed	Practice	N/A	2:30 PM	5:00 PM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Mar 6, 2026	Fri	Post-Season (NYSPHSAA Championships (Day 1))	@ TBD	2:00 PM		Ocean Breeze, Staten Island	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors	NL
Mar 7, 2026	Sat	Post-Season (NYSPHSAA Championships (Day 2))	@ TBD	9:30 AM		Ocean Breeze, Staten Island	<b>Bus/Driver:</b> Coach Robert Kuba, Coach Jean Alexander / 38 Athletes	<b>Departure Point:</b> High School Athletic Doors	NL

Date: 2025-12-17