



Indian River

(B) 7/8TH Outdoor Track

Coaches:

- Michael Saltzman, Head Coach
- John Murtha, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 3, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	Indian River Outdoor Track			
Apr 4, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Outdoor Track			
Apr 5, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Outdoor Track			
Apr 17, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 18, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 19, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 20, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 21, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 24, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 25, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 26, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 26, 2023	Wed	Regular Season (League Relay Play Day (COED))	Carthage, Watertown, Beaver River, South Lewis, Sandy Creek @ South Jefferson	4:30 PM		SJ Wilson Elem. Track	Bus/Driver: Coach Rowley/Coach Murtha/27 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 8:00 PM	L
Apr 27, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
Apr 28, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Middle School Mezzanine			
May 1, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 2, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 3, 2023	Wed	Regular Season	South Jefferson, Sandy Creek @ South Lewis	4:30 PM		South Lewis Stadium Field	Bus/Driver: Coach Rowley/Coach Murtha/27 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 9:00 PM	L
May 4, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 5, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
CANCELLED May 6, 2023	Sat	Regular Season	South Lewis	11:00 AM		Indian River Outdoor Track			L
May 8, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 9, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 10, 2023	Wed	Regular Season	Watertown, Sandy Creek	5:15 PM	7:00 PM	Wolves Stadium, Turf Facility (Field A)			L
May 11, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED May 12, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 15, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 16, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 17, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 18, 2023	Thu	Regular Season (COED Mod Play Day)	South Lewis, South Jefferson, Sandy Creek, Watertown, Carthage @ Beaver River	5:00 PM	6:00 PM	Beaver River H S	Bus/Driver: Coach Rowley/Coach Murtha/27 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	L
May 22, 2023	Mon	Regular Season	Watertown, Beaver River, Sandy Creek	5:00 PM	6:00 PM	Wolves Stadium, Turf Facility (Field A)			L
May 23, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
CANCELLED May 24, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 25, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Indian River Outdoor Track			
May 30, 2023	Tue	Regular Season	Carthage, Sandy Creek @ Beaver River	5:00 PM	6:00 PM	Beaver River H S	Bus/Driver: Coach Rowley/Coach Murtha/27 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:00 PM Return Date: Return Time: 8:00 PM	L

Date: 2025-12-14