



Indian River

(G) 7/8TH Winter Track

Coaches:

- Logan Drake, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Nov 26, 2024	Tue	Practice	N/A	2:40 PM	4:15 PM	Indian River High School Auxiliary Gym, Indian River High School Indoor Track			
Nov 27, 2024	Wed	Practice	N/A	10:00 AM	11:15 AM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
POSTPONED Nov 29, 2024	Fri	Practice	N/A	10:00 AM	11:15 AM	Indian River High School Indoor Track, Indian River High School Auxiliary Gym			
Dec 2, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 3, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
CANCELLED Dec 4, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 5, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 6, 2024	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 7, 2024	Sat	Regular Season	@ TBD	5:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	NL
Dec 9, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 10, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 11, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 12, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 13, 2024	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 14, 2024	Sat	Regular Season	@ TBD	5:00 PM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2024	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 17, 2024	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 18, 2024	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 19, 2024	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Dec 20, 2024	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 6, 2025	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 7, 2025	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 8, 2025	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 9, 2025	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 10, 2025	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 11, 2025	Sat	Regular Season	@ TBD	10:00 AM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 2:00 PM	NL
Jan 13, 2025	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 14, 2025	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 15, 2025	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 16, 2025	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 17, 2025	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 18, 2025	Sat	Regular Season	@ TBD	10:00 AM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 2:00 PM	L
Jan 20, 2025	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 21, 2025	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 22, 2025	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 23, 2025	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 24, 2025	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
CANCELLED Jan 27, 2025	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 28, 2025	Tue	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 29, 2025	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 30, 2025	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Jan 31, 2025	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 1, 2025	Sat	Regular Season	@ TBD	10:00 AM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 2:00 PM	NL
Feb 3, 2025	Mon	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 4, 2025	Tue	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 5, 2025	Wed	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
CANCELLED Feb 6, 2025	Thu	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 7, 2025	Fri	Practice	N/A	2:45 PM	4:20 PM	Indian River High School Indoor Track			
Feb 8, 2025	Sat	Regular Season	@ TBD	10:00 AM		St. Lawrence University, Canton NY	Bus/Driver: Coach Drake/15 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 2:00 PM	NL

Date: 2025-12-08