



Indian River

(B) V Cross Country

Coaches:

- David Rowley, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Aug 27, 2024	Tue	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Aug 28, 2024	Wed	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Aug 29, 2024	Thu	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Aug 30, 2024	Fri	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Sep 2, 2024	Mon	Practice	N/A	5:30 PM	7:00 PM	Indian River M.S. Cross Country Course		
Sep 3, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 4, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 5, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 6, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 10, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 18, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 19, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 27, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 1, 2024	Tue	Regular Season	Thousand Islands @ Carthage	4:30 PM	6:00 PM	Carthage High School		L
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 8, 2024	Tue	Regular Season	Beaver River @ South Lewis	5:00 PM		South Lewis Cross Country Course		L
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Sandy Creek, General Brown, South Lewis, Thousand Islands @ Carthage	3:30 PM		Carthage High School		L
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 17, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 24, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 28, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 29, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 30, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Oct 31, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 1, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 4, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 5, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 6, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 7, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		
Nov 8, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Indian River M.S. Cross Country Course		

Date: 2024-08-16