



Indian River

(G) V Swimming/Diving

Coaches:

- Alan Baker, Head Coach
- Jennifer Larkin, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 22, 2022	Mon	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 23, 2022	Tue	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 23, 2022	Tue	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 24, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 24, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 25, 2022	Thu	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 25, 2022	Thu	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 26, 2022	Fri	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 26, 2022	Fri	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 29, 2022	Mon	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 30, 2022	Tue	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Aug 31, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	Middle School Pool			
Sep 1, 2022	Thu	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Pool	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:40 PM Return Date: Return Time: 8:15 PM	L
Sep 2, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 6, 2022	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:45 PM Return Date: Return Time: 8:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 8, 2022	Thu	Regular Season 92-77 W	Carthage	5:00 PM		Middle School Pool			L
Sep 9, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 13, 2022	Tue	Regular Season	@ Lowville	5:00 PM	8:00 PM	Lowville High School	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Sep 14, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 15, 2022	Thu	Regular Season	Beaver River	5:00 PM		Middle School Pool			L
Sep 16, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 19, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 20, 2022	Tue	Regular Season	@ Thousand Islands	5:00 PM		Thousand Islands Pool	Bus/Driver: Coach Baker/Coach Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 8:00 PM	L
Sep 21, 2022	Wed	Practice (Practice at Carthage HS Pool)	N/A	5:15 PM	7:15 PM	TBD	Bus/Driver: Coach Baker/Coach Larkin/18 Athletes & 1 Lifeguard	Departure Point: High School Athletic Doors Departure Time: 4:45 PM Return Date: Return Time: 8:00 PM	
Sep 22, 2022	Thu	Regular Season	@ South Lewis	5:00 PM	8:00 PM	South Lewis High School Pool	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	5:30 PM	TBD			
Sep 24, 2022	Sat	Regular Season (League Invitational)	Carthage, South Jefferson, Lowville, Thousand Islands, Beaver River @ Watertown	11:00 AM		Watertown H S	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 8:30 AM Return Date: Return Time: 5:30 PM	L
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 27, 2022	Tue	Regular Season	South Jefferson	5:00 PM		Middle School Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Sep 29, 2022	Thu	Regular Season	Watertown	5:00 PM		Middle School Pool			L
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD			
Oct 4, 2022	Tue	Regular Season 92-83 W	@ Carthage	5:00 PM		Carthage HS Pool	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 4:00 PM Return Date: Return Time: 7:30 PM	L
Oct 14, 2022	Fri	Regular Season (A Div. Diving Meet)	Carthage, Watertown, South Jefferson @ Lowville	5:00 PM		Lowville High School	Bus/Driver: Coach Baker/Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Oct 22, 2022	Sat	Meet (Frontier League Girls Swimming Championship)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			NL
Oct 22, 2022	Sat	Regular Season (A/B Div. Swim Meet)	Carthage, Watertown, South Jefferson, Lowville, Beaver River, Thousand Islands, South Lewis	11:00 AM		Middle School Pool			L
Oct 24, 2022	Mon	Practice (Varsity Girls Swim Practice)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Oct 26, 2022	Wed	Practice (Varsity Girls Swim Practice)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Oct 27, 2022	Thu	Practice (Varsity Girls Swim Practice)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Oct 28, 2022	Fri	Practice (Varsity Girls Swim Practice)	N/A	3:30 PM	5:30 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 29, 2022	Sat	Post-Season (Sectionals at Nottingham HS)	@ TBD	8:00 AM		TBD	Bus/Driver: Coach Baker/Coach Larkin/1 Athletes (Small bus requested)	Departure Point: High School Athletic Doors Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM	NL
Oct 31, 2022	Mon	Practice ((G) V Swim)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Nov 1, 2022	Tue	Practice ((G) V Swim)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Nov 1, 2022	Tue	Post-Season (Diving State Qualifier at Nottingham HS)	@ TBD	TBD		TBD	Bus/Driver: Coach Baker/Coach Larkin/1 Athletes (Small bus requested)	Departure Point: High School Athletic Doors Departure Time: 1:45 PM Return Date: Return Time: 10:00 PM	NL
Nov 2, 2022	Wed	Post-Season (Sectionals at Nottingham HS)	@ TBD	3:00 PM		TBD	Bus/Driver: Coach Baker/Coach Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 12:00 PM Return Date: Return Time: 10:00 PM	NL
Nov 3, 2022	Thu	Practice ((G) V Swim)	N/A	3:30 PM	5:30 PM	Middle School Pool			
Nov 4, 2022	Fri	Regular Season (Sectionals at Nottingham HS)	@ TBD	1:00 PM		TBD	Bus/Driver: Coach Baker/Coach Larkin/18 Athletes	Departure Point: High School Athletic Doors Departure Time: 1:00 PM Return Date: Return Time: 10:00 PM	L
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
POSTPONED Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

Date: 2024-10-19