



Utica Proctor

(G) 7/8TH Cross Country (JFK/DMS)

Coaches:

- Courtney Siciliano
- Alexis Holmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2023	Mon	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Aug 29, 2023	Tue	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Aug 30, 2023	Wed	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Aug 31, 2023	Thu	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Sep 1, 2023	Fri	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Sep 1, 2023	Fri	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Donovan Track			
Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Donovan Track			
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 8, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
CANCELLED Sep 11, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 12, 2023	Tue	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 13, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 14, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 15, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 20, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 21, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 22, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 25, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 26, 2023	Tue	Regular Season	Notre Dame, Utica, Central Valley Academy, Holland Patent	4:00 PM		Proctor Park	Bus/Driver: Durham Bus		Departure Point: JFK Fieldhouse Departure Time: 2:45 PM Return Date: Return Time: 5:15 PM L
Sep 27, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 28, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Sep 29, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	12:00 AM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season	South Lewis	9:00 AM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season	Adirondack	9:00 PM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	Clinton	TBD		Proctor Park			L
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 4, 2023	Wed	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 5, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 6, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 11, 2023	Wed	Practice	N/A	2:30 PM	3:30 PM	Donovan Track			
Oct 12, 2023	Thu	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 13, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 13, 2023	Fri	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 16, 2023	Mon	Practice	N/A	2:30 PM	3:30 PM	Donovan Track			

Date: 2024-05-04