



Utica Proctor

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

Coaches:

- Courtney Siciliano
- Alexis Holmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	JFK Track		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	Donovan Track		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	Donovan Track		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	JFK Track		
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	4:00 PM	JFK Track		
Aug 31, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	Donovan Track		
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	JFK Track		
Sep 1, 2022	Thu	Practice	N/A	3:30 PM	5:00 PM	Donovan Track		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	Donovan Track		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	JFK Track		
Sep 6, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 6, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 7, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 7, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 8, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 9, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:15 PM	Proctor Park		
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 13, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 13, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 14, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 15, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		
Sep 16, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2022	Sat	Regular Season	@ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Departure Point: DMS Bus Loop-Gym Entrance Departure Time: 7:30 AM	L
Sep 19, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
CANCELLED Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		
Sep 20, 2022	Tue	Regular Season	New Hartford, Notre Dame, Utica	4:00 PM		Proctor Park		L
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 22, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
POSTPONED Sep 22, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 23, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	JFK Track		
Sep 24, 2022	Sat	Regular Season (EJ Herman)	Central Valley Academy	9:00 AM		Proctor Park		L
Sep 24, 2022	Sat	Regular Season	Oneonta	9:30 AM		Proctor Park		NL
Sep 24, 2022	Sat	Regular Season (EJ Hermann Invite)	Beaver River	10:00 AM		Proctor Park		NL
POSTPONED Sep 26, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 26, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 27, 2022	Tue	Regular Season	Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		L
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 29, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 30, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Herkimer, South Lewis, Oneida, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 4, 2022	Tue	Regular Season	Central Valley Academy @ Camden	4:00 PM		Osceola Ski and Sport Resort		L
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 6, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 6, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 7, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
POSTPONED Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		
Oct 11, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, Vernon-Verona-Sherrill @ Oneida	4:00 PM		Cross Country Course	Departure Point: JFK Fieldhouse Departure Time: 2:30 PM Return Date: Return Time: 5:00 PM	L
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	3:30 PM	Donovan Track		
POSTPONED Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 14, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	3:30 PM	Donovan Track		
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 18, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		

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Oct 19, 2022	Wed	Practice	N/A	2:45 PM	3:30 PM	Donovan Track		
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track		
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 21, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park		
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Rome Free Academy, Vernon-Verona-Sherrill, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Departure Point: JFK----->DMS Loop Departure Time: 8:15 AM Return Date: Return Time: 11:00 AM	L
TBD		Practice	N/A	2:45 PM	3:30 PM	JFK Gym		

Date: 2025-12-05