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 19, 2023	Tue	Regular Season	Notre Dame, Utica, Oneida @ Rome Free Academy	4:30 PM		RFA Cross Country Course	**Bus/Driver:** Durham Bus	**Departure Point:** DMS Bus Loop TO JFK Fieldhouse **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 5:30 PM	L
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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			
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 Hermann Invitational)	Clinton	TBD		Proctor Park			L
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	4:15 PM	Donovan Track			
Oct 3, 2023	Tue	Regular Season	Notre Dame, Utica, Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	**Bus/Driver:** Durham Bus	**Departure Point:** JFK Fieldhouse **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 5:30 PM	L
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 7, 2023	Sat	Regular Season (Whitesboro XC Invitational)	@ TBD	9:20 AM		TBD		**Departure Point:** DMS Bus Loop-Gym Entrance **Departure Time:** 7:45 AM	L
Oct 10, 2023	Tue	Regular Season	Notre Dame, Utica, Camden @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	**Bus/Driver:** Durham Bus	**Departure Point:** JFK Fieldhouse **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 5:30 PM	L
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	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy, Vernon-Verona-Sherrill @ Holland Patent	10:00 AM		HS Stadium / Track		**Departure Point:** DMS Bus Loop **Departure Time:** 8:15 AM	L

Date: 2024-10-12