



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
Sep 3, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track			
Sep 3, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track			
Sep 4, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 5, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track			
Sep 5, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 6, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park			
Sep 6, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track			
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 10, 2024	Tue	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 10, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 11, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Proctor Park			
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	@ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Bus/Driver: 1st Student	Departure Point: JFK Fieldhouse to DMS Bus Loop Departure Time: 7:30 AM	L
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 17, 2024	Tue	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 17, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 18, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
CANCELLED Sep 18, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 19, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Sep 19, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	Proctor Park			
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 24, 2024	Tue	Regular Season	New Hartford, Vernon-Verona-Sherrill	4:00 PM		Proctor Park	Bus/Driver: First Student	Departure Point: JFK Fieldhouse TO DMS Bus Loop TO Proctor Park Departure Time: 2:30 PM Return Date: Return Time: 4:45 PM	L
CANCELLED Sep 25, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 26, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 27, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Proctor Park			
Sep 27, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	9:00 AM		Proctor Park	Bus/Driver: First Student	Departure Point: Proctor Park Return Date: Return Time: 2:15 PM	NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Remsen	9:30 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season	South Lewis	9:30 AM		Proctor Park			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Clinton	9:30 AM		Proctor Park			NL
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 1, 2024	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:30 PM		Proctor Park, Utica			L
Oct 2, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Oct 4, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	JFK Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational)	Notre Dame, Utica, Beaver River, Remsen, Central Valley Academy, Clinton, Central Square, TBD @ Whitesboro	9:00 AM	6:30 PM	Deerfield Town Wilderness Park	Bus/Driver: First Student	Departure Point: JFK Fieldhouse Departure Time: 7:30 AM Return Date: Return Time: 10:30 AM	NL
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 8, 2024	Tue	Regular Season	Camden @ Oneida	4:00 PM		Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Gym Doors Departure Time: 2:30 PM	L
Oct 9, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Oct 10, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 11, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Proctor Park			
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Remsen, Tully @ Vernon-Verona-Sherrill	8:45 AM		Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Fieldhouse Departure Time: 7:15 AM	L
Oct 15, 2024	Tue	Regular Season	Whitesboro, Rome Free Academy, Holland Patent	4:00 PM		Proctor Park			L
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 17, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 21, 2024	Mon	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Oct 22, 2024	Tue	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 22, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 23, 2024	Wed	Practice	N/A	2:30 PM	4:15 PM	JFK Track			
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 24, 2024	Thu	Practice	N/A	2:30 PM	4:15 PM	JFK Track			

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Oct 24, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 25, 2024	Fri	Practice	N/A	2:30 PM	4:15 PM	Proctor Park			
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Vernon-Verona-Sherrill, Central Valley Academy, Oneida, Camden, Holland Patent @ Notre Dame, Utica	11:30 AM		Proctor Park, Utica	Bus/Driver: First Student	Departure Point: JFK Fieldhouse TO DMS Bus Loop TO Proctor Park Departure Time: 8:45 AM Return Date: Return Time: 11:45 AM	L

Date: 2025-12-06