



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 25, 2025	Mon	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Aug 25, 2025	Mon	Practice	N/A	9:00 AM	10:00 AM	JFK Track			
Aug 26, 2025	Tue	Practice	N/A	8:30 AM	10:00 AM	Donovan Track			
Aug 26, 2025	Tue	Practice	N/A	9:00 AM	10:00 AM	JFK Track			
Aug 27, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Aug 27, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Donovan Middle School			
Aug 28, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Aug 28, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Donovan Middle School			
Sep 2, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 2, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 3, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 3, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 4, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Sep 4, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 5, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 5, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 8, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 9, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 9, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 10, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 10, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 11, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 11, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Proctor Park			
Sep 12, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 12, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Vernon-Verona-Sherrill, Camden, TBD, Adirondack, Central Valley Academy, DeRuyter, Herkimer, Notre Dame, Utica, Oneonta, Poland, Sauquoit Valley, Westmoreland, Whitesboro, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)			NL
Sep 15, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 16, 2025	Tue	Regular Season	Notre Dame, Utica, Holland Patent @ Camden	4:00 PM		Camden Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Gym Doors near dumpsters Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
CANCELLED Sep 17, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 17, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 18, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 18, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 22, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 23, 2025	Tue	Regular Season	Oneida @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Gym Doors near dumpsters Departure Time: 2:40 PM Return Date: Return Time: 5:30 PM	L
Sep 24, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Sep 24, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 25, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Sep 25, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 26, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 26, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 27, 2025	Sat	Regular Season (EJ Hermann)	Clinton	9:00 AM		Proctor Park			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	Rome Free Academy	1:00 PM		Proctor Park			L
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	New Hartford, Whitesboro	TBD		Proctor Park			NL
Sep 27, 2025	Sat	Regular Season	New York Mills	TBD		Proctor Park			NL
Sep 29, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Sep 29, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 30, 2025	Tue	Regular Season	Central Valley Academy @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Gym Doors near dumpsters Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM	L
CANCELLED Oct 1, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Oct 1, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 2, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 2, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 3, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Oct 3, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Oct 6, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 7, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
CANCELLED Oct 7, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Oct 8, 2025	Wed	Regular Season	Whitesboro, New Hartford	4:00 PM		Proctor Park	Bus/Driver: 1st Student	Departure Point: Proctor Park Return Date: Return Time: 4:30 PM	L
Oct 9, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 9, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 10, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 10, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 11, 2025	Sat	Regular Season (Coughlin Invitational)	Altmar-Parish-Williamstown (APW Rebels), New York Mills, Clinton, Sandy Creek @ Rome Free Academy	9:00 AM		RFA Cross Country Course	Bus/Driver: First Student	Departure Point: JFK Fieldhouse Departure Time: 7:30 AM Return Date: Return Time: 10:30 AM	NL
Oct 13, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 13, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 14, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 15, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 16, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 17, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 17, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 18, 2025	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	Bus/Driver: 1st Student	Departure Point: JFK Fieldhouse Departure Time: 7:15 AM Return Date: Return Time: 11:00 AM	L
Oct 20, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
CANCELLED Oct 20, 2025	Mon	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 21, 2025	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 22, 2025	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 23, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 23, 2025	Thu	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 24, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 24, 2025	Fri	Practice	N/A	2:45 PM	4:15 PM	JFK Track			
Oct 25, 2025	Sat	Regular Season (TVL Track Invite)	Holland Patent, Camden, Vernon-Verona-Sherrill, Whitesboro, New Hartford, Oneida, Rome Free Academy @ Central Valley Academy	10:40 AM		Diss Athletic Complex	Bus/Driver: First Student	Departure Point: JFK Fieldhouse Departure Time: 9:15 AM Return Date: Return Time: 12:00 PM	L

Date: 2025-12-05