Utica Proctor
(G) V Cross Country

Coaches:

- Heather Monroe

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)		
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Sep 10, 2022	Sat	Regular Season (VVS INVITE)	@ TBD	TBD		TBD	**Bus/Driver:** Durham **Departure Point:** Proctor Cafeteria	L
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION		LEAGUE / NON-LEAGUE
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 17, 2022	Sat	Regular Season (New Hartford invitational)	Whitesboro, Adirondack, Central Valley Academy, Oneonta, Canastota, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)			NL
Sep 17, 2022	Sat	Regular Season (NH Invite @ Perry Junior High)	@ TBD	9:40 AM		TBD	**Bus/Driver:** Durham	**Departure Point:** Proctor Cafeteria **Departure Time:** 8:00 AM	NL
CANCELLED Sep 19, 2022	Mon	Practice	N/A	3:00 PM	5:00 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	3:00 PM	5:00 PM	Proctor Park			
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 24, 2022	Sat	Regular Season	Central Valley Academy	9:00 AM		Proctor Park			L
Sep 24, 2022	Sat	Regular Season (EJ Herrmann Invite)	Oneonta	9:30 AM		Proctor Park			NL
Sep 24, 2022	Sat	Regular Season (EJ Herrmann Invitational)	Remsen (Remsen/Town of Webb)	9:30 AM		Proctor Park			NL
Sep 24, 2022	Sat	Regular Season (EJ Hermann Invite)	Beaver River	10:00 AM		Proctor Park			NL
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 27, 2022	Tue	Regular Season	Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	**Bus/Driver:** Durham	**Departure Point:** Cafe Doors **Departure Date:** Sep 27, 2022 **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 6:00 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Sep 30, 2022	Fri	Regular Season (EJ Herman Invitational (Proctor Park Utica))	Cooperstown	9:00 AM		Proctor Park			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION		LEAGUE / NON-LEAGUE
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park			NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Invite @ Deerfield Wilderness Park)	@ TBD	9:50 AM		TBD	**Bus/Driver:** Durham	**Departure Point:** Proctor Cafeteria **Departure Time:** 8:00 AM	L
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 4, 2022	Tue	Regular Season	Central Valley Academy @ Camden	4:00 PM		Osceola Ski and Sport Resort	**Bus/Driver:** Durham	**Departure Point:** Cafe Doors **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 6:00 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- Soccer Field (Grass)			NL
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	**Bus/Driver:** Durham	**Departure Point:** Cafe Doors **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 6:00 PM	L
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park			
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invite)	@ TBD	TBD		TBD	**Bus/Driver:** Durham	**Departure Point:** Proctor Cafeteria	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invite)	@ TBD	TBD		TBD	**Bus/Driver:** Durham **Departure Point:** Proctor Cafeteria	NL
Oct 17, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
CANCELLED Oct 18, 2022	Tue	Regular Season (TVL CHAMPIONSHIP)	@ TBD	TBD		TBD	**Bus/Driver:** Durham **Departure Point:** Proctor Cafeteria	L
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 22, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)		
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)	**Bus/Driver:** Durham **Departure Point:** Cafe Doors	L
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 29, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)		
Oct 31, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Nov 1, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Nov 2, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Nov 3, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Nov 4, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Nov 5, 2022	Sat	Post-Season (SECTIONALS @ VVS)	@ TBD	1:20 PM		TBD	**Bus/Driver:** Durham **Departure Point:** Proctor Cafeteria	NL

Date: 2024-04-18