



# Utica Proctor

## (G) V Cross Country

### Coaches:

- Heather Monroe

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
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 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 Herrmann 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 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	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
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 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 17, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Proctor Park		
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 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)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON-LEAGUE
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	

Date: 2022-10-06