



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 19, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 20, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 21, 2019	Wed	Practice	N/A	6:30 PM	7:45 PM	Parkway Recreation Center (Tennis Courts)			
Aug 22, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 23, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2019	Wed	Practice	N/A	6:30 PM	7:45 PM	Parkway Recreation Center (Tennis Courts)			
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Sep 2, 2019	Mon	Practice	N/A	8:00 AM	10:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

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Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ TBD	7:00 AM		TBD	Bus/Driver: bernie Departure Point: cafeteria Departure Time: 7:00 AM	NL
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 14, 2019	Sat	Regular Season	@ TBD	8:15 AM		Cross Country Course (Perry JH)	Bus/Driver: bernie Departure Point: cafe Departure Time: 8:15 AM	NL
Sep 14, 2019	Sat	Regular Season (XC Invite)	Vernon-Verona-Sherrill, Whitesboro, Hilton, Adirondack, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Oneonta, Hamilton @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 17, 2019	Tue	Regular Season	Rome Free Academy, Notre Dame, Utica	4:00 PM		Proctor Park		L
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		

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Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 21, 2019	Sat	Regular Season (B'ville Invitational)	@ TBD	10:15 AM		TBD	Bus/Driver: bernie Departure Point: cafe Departure Time: 10:15 AM	NL
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 27, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Sep 28, 2019	Sat	Regular Season (77th EJ Herrmann Cross Country Invitational)	Rome Free Academy	10:00 AM		Proctor Park		NL
Sep 28, 2019	Sat	Regular Season (Invitational)	Central Valley Academy	10:00 AM		Proctor Park		L
Sep 28, 2019	Sat	Regular Season (EJ Herrmann invitational)	Whitesboro	4:00 PM		Proctor Park		NL
Sep 30, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 1, 2019	Tue	Regular Season	Camden @ Central Valley Academy	4:00 PM		Diss Athletic Complex	Bus/Driver: bernie Departure Point: cafe Departure Time: 2:45 PM	L
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 4, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	@ TBD	8:00 AM		TBD	Bus/Driver: bernie Departure Point: cafe Departure Time: 8:00 AM	L

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Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Altmar-Parish-Williamstown (APW Rebels), Central Valley Academy, Holland Patent, Corcoran (Syracuse West), Canastota, Vernon-Verona-Sherrill, Cooperstown, New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park			NL
Oct 7, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 8, 2019	Tue	Regular Season	Whitesboro @ Oneida	4:00 PM		TBD	Bus/Driver: bernie	Departure Point: cafe Departure Time: 2:45 PM	L
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 10, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 12, 2019	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	TBD		TBD			L
Oct 14, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 18, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

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Oct 22, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Rome Free Academy, Oneida, Vernon-Verona-Sherrill @ Whitesboro	4:25 PM		Deerfield Town Wilderness Park	Bus/Driver: bernie	Departure Point: cafe Departure Time: 2:45 PM	L
Oct 23, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 24, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 25, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 26, 2019	Sat	Regular Season (ADK Invitational (non sectional runners))	@ TBD	8:00 AM		TBD	Bus/Driver: bernie	Departure Point: cafe Departure Time: 8:00 AM	NL
Oct 28, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 29, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 30, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 1, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 6, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 7, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

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Nov 8, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 9, 2019	Sat	Regular Season (Sectionals)	@ TBD	12:00 PM		TBD	Bus/Driver: bernie	Departure Point: cafe Departure Time: 8:00 AM	L

Date: 2024-04-29