


Utica Proctor
(B) V Cross Country
Coaches:

- David Caruso, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 22, 2019	Thu	Practice	N/A	8:00 AM	10:00 PM	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	8:00 AM	10:00 AM	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 AM	Parkway Recreation Center (Tennis Courts)			
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
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)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NON-LEAGUE
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		VVS MS Gym			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 (NH Invitational)	@ TBD	8:15 AM		Cross Country Course (Perry JH)			NL
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Oneonta, Oneida, Vernon-Verona-Sherrill, Adirondack, Cazenovia, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, 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	TBD			
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	TBD			
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 21, 2019	Sat	Regular Season (B'ville Invitational)	@ TBD	10:45 AM		TBD			NL
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 27, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NON-LEAGUE
Sep 28, 2019	Sat	Regular Season (77th EJ Herrmann Cross Country Invitational)	Rome Free Academy	9:00 AM		Proctor Park			NL
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	TBD			
Oct 1, 2019	Tue	Regular Season 27-16-45 L	Camden @ Central Valley Academy	4:00 PM		TBD			L
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 4, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Oneida, Vernon-Verona-Sherrill, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park			NL
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	@ TBD		TBD	TBD			L
Oct 7, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 8, 2019	Tue	Regular Season	Whitesboro @ Oneida	4:00 PM		TBD			L
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 10, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
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	TBD			
Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			

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Oct 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 18, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 21, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 22, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, New Hartford, Notre Dame, Utica, Oneida, Rome Free Academy, Vernon-Verona-Sherrill @ Whitesboro			Deerfield Town Wilderness Park			L
Oct 23, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 24, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 25, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 26, 2019	Sat	Regular Season (ADK Invitational (non sectional runners))	@ TBD	TBD	TBD				NL
Oct 28, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 29, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 30, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Oct 31, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 1, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 4, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 6, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 7, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 8, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD			
Nov 9, 2019	Sat	Regular Season (Sectionals)	@ TBD	TBD	Cross Country Course	bernie	Bus/Driver: 10:00 AM	Departure Time:	L

Date: 2026-01-21