


**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 25, 2021	Wed	Practice (Practice)	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 26, 2021	Thu	Practice (Practice)	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2021	Fri	Practice (Practice)	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2021	Mon	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 31, 2021	Tue	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 2, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 3, 2021	Fri	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 4, 2021	Sat	Practice	N/A	10:00 AM	12:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field			
Sep 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field			
Sep 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field			
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	10:00 AM		Cross Country Course	Bus/Driver: Durham	Departure Point: Proctor cafeteria Departure Time: 2:45 PM	NL
Sep 13, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Sep 14, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 15, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 16, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 17, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 18, 2021	Sat	Regular Season (NH Invitational)	@ TBD	9:40 AM		TBD	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 2:45 PM	NL
Sep 20, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 21, 2021	Tue	Regular Season	Camden, Central Valley Academy	4:00 PM		Proctor Park	<b>Bus/Driver:</b> bernie	<b>Departure Time:</b> 10:00 AM
Sep 22, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
CANCELLED Sep 23, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 25, 2021	Sat	Regular Season	Westmoreland	7:15 AM		Proctor Park		L
Sep 25, 2021	Sat	Regular Season	South Lewis	9:00 AM		Proctor Park		NL
Sep 25, 2021	Sat	Regular Season (EJ Hermann Invitational)	Waterville	9:00 AM		Proctor Park		L
Sep 25, 2021	Sat	Regular Season (EJ Hermann Invite)	Unadilla Valley (UV/GMU)	9:00 AM		Proctor Park		L
Sep 25, 2021	Sat	Regular Season (EJ Hermann Invitational)	Oneonta	9:30 AM	12:30 PM	Proctor Park		NL
Sep 25, 2021	Sat	Regular Season (EJ Herman )	Central Valley Academy	TBD		Proctor Park		L
Sep 27, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 28, 2021	Tue	Regular Season	Oneida @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course	<b>Departure Point:</b> Proctor cafeteria <b>Departure Time:</b> 2:45 PM	L
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Sep 30, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 1, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Oct 2, 2021	Sat	Regular Season (Whtiesboro Invitational)	Remsen (Remsen), Central Valley Academy, Oriskany, Altmar-Parish-Williamstown (APW Rebels), New Hartford, Phoenix, Henninger (Henninger), Clinton, Edmeston (Edmeston/Morris), Westmoreland, Holland Patent, Notre Dame, Utica, Cooperstown (Cooperstown/Milford), Oneonta, Sauquoit Valley, West Canada Valley, Corcoran (Syracuse West), Canastota @ Whitesboro	9:00 AM	12:00 PM	Deerfield Town Wilderness Park	<b>Departure Time:</b> 2:45 PM	NL
Oct 2, 2021	Sat	Regular Season (W'BRO Invitational)	@ TBD	9:50 AM		TBD	<b>Departure Point:</b> proctor cafeteria <b>Departure Time:</b> 2:45 PM	NL
Oct 4, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 5, 2021	Tue	Regular Season	Notre Dame, Utica @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	<b>Departure Point:</b> proctor cafeteria <b>Departure Time:</b> 2:45 PM	L
Oct 6, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 7, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 8, 2021	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- XC Course, Chittenango HS- Stadium	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 2:45 PM	NL
Oct 8, 2021	Fri	Regular Season (CHITT Invitational)	@ TBD	4:00 PM		TBD	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 2:45 PM	NL
Oct 9, 2021	Sat	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 11, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 12, 2021	Tue	Regular Season	Rome Free Academy @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> bernie <b>Departure Point:</b> proctor cafeteria <b>Departure Time:</b> 2:45 PM	L
Oct 13, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 14, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Practice Grass Field		



Date: 2026-01-21