


**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, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 22, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 23, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 24, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 25, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 29, 2023	Tue	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Aug 31, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 1, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 4, 2023	Mon	Practice	N/A	5:00 PM	7:00 PM	Parkway Recreation Center (Tennis Courts)			
Sep 5, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 7, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Sep 8, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 9, 2023	Sat	Regular Season (New Hartford Invite @ Perry Jr Jigh)	@ TBD	9:40 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Sep 11, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 12, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 13, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 14, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Sep 15, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 16, 2023	Sat	Regular Season (Fort Plain Invitational)	@ TBD	9:30 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Sep 18, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Oneida @ Rome Free Academy	4:30 PM		RFA Cross Country Course			L
Sep 20, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 21, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Sep 22, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 23, 2023	Sat	Regular Season (B'Ville Invitational)	@ TBD	9:50 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Sep 25, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 26, 2023	Tue	Regular Season	Notre Dame, Utica, Central Valley Academy, Holland Patent	4:30 PM		Proctor Park			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 28, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Sep 29, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational )	Sherburne-Earlville	9:00 AM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	Mount Markham	9:00 AM		Proctor Park			L
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational (Proctor Park Utica))	Cooperstown (Cooperstown/Milford)	4:00 PM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invite)	Henninger (Henninger)	9:30 PM		Proctor Park			L
Sep 30, 2023	Sat	Regular Season	Adirondack	9:30 PM		Proctor Park			NL
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	Clinton	TBD		Proctor Park			L
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	TBD		Proctor Park			NL
Oct 2, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 3, 2023	Tue	Regular Season	Notre Dame, Utica, Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park			L
Oct 4, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 5, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Oct 6, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 7, 2023	Sat	Regular Season (Whitesboro XC Invitational)	@ TBD	9:50 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Oct 10, 2023	Tue	Regular Season	Notre Dame, Utica, Camden @ New Hartford	4:00 PM		Cross Country Course (Perry JH)			L
Oct 11, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 12, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			

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Oct 13, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 14, 2023	Sat	Regular Season (Burnt hills XC Invite)	@ TBD	TBD		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria	NL
Oct 16, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 17, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 18, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 19, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Oct 20, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 21, 2023	Sat	Regular Season (TVL CHAMPIONSHIP @ Holland Patent)		11:10 AM		TBD	Bus/Driver: Durham	Departure Point: Proctor Cafeteria Departure Time: 8:30 AM	NL
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy, Vernon-Verona-Sherrill @ Holland Patent	11:40 AM	4:00 PM	HS Stadium / Track			L
Oct 23, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 24, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 25, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 26, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Oct 27, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 30, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 31, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			

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Nov 1, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 2, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Nov 3, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	@ Vernon-Verona-Sherrill	9:00 AM	12:00 PM	Cross Country Course	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria	NL
Nov 4, 2023	Sat	Post-Season (Sectionals @ VVS High School)	@ TBD	TBD	TBD	TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria	NL
Nov 9, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Weight Room			

Date: 2026-01-22