



# Utica Proctor

## (B) V Cross Country

### Coaches:

- David Caruso

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 27, 2024	Tue	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 28, 2024	Wed	Practice (Try out)	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 29, 2024	Thu	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Aug 30, 2024	Fri	Practice	N/A	5:00 PM	6:30 PM	Parkway Recreation Center (Tennis Courts)			
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 6, 2024	Fri	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	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen/Town of Webb), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona-Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track			NL
Sep 7, 2024	Sat	Regular Season (Mount Markham-Mustang Invitational)	@ TBD	8:00 AM		Mount Markham HS	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 7:00 AM	NL
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 13, 2024	Fri	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	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Dolgeville, Hamilton, Notre Dame, Utica, Central Valley Academy, Unadilla Valley (UV/GMU), Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)			NL
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:40 AM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 8:15 AM	NL
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	2:00 PM		Bville - Durgee Jr. High School	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 9:00 AM	NL
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 24, 2024	Tue	Regular Season	New Hartford, Vernon-Verona-Sherrill	4:00 PM		Proctor Park	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 2:35 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational )	Sandy Creek	9:00 AM		Proctor Park			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Whitesboro	9:00 AM		Proctor Park			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Cooperstown (Cooperstown/Milford)	9:00 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invite )	Tully Utica	9:30 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Mount Markham	9:30 AM		Proctor Park			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational)	Remsen (Remsen/Town of Webb)	9:30 AM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herman @ Proctor Park)	@ TBD	12:15 PM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria	NL
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational )	Clinton	9:30 PM		Proctor Park			NL
Sep 28, 2024	Sat	Regular Season (EJ Herman Invitational)	@ DeRuyter	TBD		Proctor HS			L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 1, 2024	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:30 PM		Proctor Park, Utica			L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 5, 2024	Sat	Practice	N/A	10:00 AM	11:30 AM	PHS AUX Gym (Volleyball gym)			
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 8, 2024	Tue	Regular Season	Camden @ Oneida	4:00 PM		Cross Country Course			L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational @ Saratoga Performing Arts Center)	@ TBD	3:35 PM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 8:30 AM	NL
Oct 15, 2024	Tue	Regular Season (Senior Recognition Day)	Whitesboro, Rome Free Academy, Holland Patent	4:00 PM		Proctor Park			L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		TBD			NL
Oct 19, 2024	Sat	Regular Season (Marcellus Invitational)	@ TBD	1:20 PM		Marcellus Park	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 10:30 AM	NL
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)			
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Holland Patent, Vernon-Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	11:00 AM		Proctor Park, Utica			L
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 2, 2024	Sat	Practice	N/A	10:00 AM	11:30 AM	PHS AUX Gym (Volleyball gym)			
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Weight Room			
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	(OCC) Onondaga Community College, PHS AUX Gym (Volleyball gym)			
Nov 9, 2024	Sat	Regular Season (Sectionals @ Mount Markham High School)	@ TBD	9:30 AM		TBD	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 7:45 AM	NL

Date: 2025-01-12