



Notre Dame, Utica

(B) V Cross Country

Coaches:

- Stephen Roefaro, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jul 8, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Jul 15, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Jul 22, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Jul 29, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Aug 5, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Aug 12, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Aug 19, 2022	Fri	Practice (Summer Weight Training / Conditioning)	N/A	6:00 PM	7:00 PM	ND Fitness Center			
Sep 20, 2022	Tue	Regular Season	New Hartford @ Utica Proctor	4:00 PM		Proctor Park		Departure Point: Notre Dame Lane Door Departure Time: 2:45 PM	L
Sep 27, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Vernon-Verona-Sherrill, Holland Patent @ Central Valley Academy	4:00 PM		Diss Athletic Complex	Bus/Driver: Hale	Departure Point: Notre Dame Lane Door Departure Time: 2:45 PM	L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Corcoran (Syracuse West) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park			NL
Oct 4, 2022	Tue	Regular Season	Oneida, Whitesboro	4:00 PM		TBD			L
Oct 11, 2022	Tue	Regular Season	Camden @ Rome Free Academy	4:00 PM		RFA Cross Country Course		Departure Point: Notre Dame Lane Door Departure Time: 2:30 PM	L

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Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, New Hartford, Oneida, Utica Proctor, Rome Free Academy, Vernon-Verona-Sherrill @ Central Valley Academy	9:00 AM		Diss Athletic Complex			L
							Departure Point: Notre Dame Lane Door Departure Time: 2:30 PM		

Date: 2022-08-15