



Notre Dame, Utica

(B) 7/8TH Cross Country

Coaches:

- Jamie Weber, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|---------------------------------|----------------------------------|---------------------------------------------------------------------------|---------------------|
| Sep 17, 2022 | Sat | Regular Season | @ New Hartford | TBD | | Cross Country Course (Perry JH) | Bus/Driver: Birnie | Departure Time: 8:00 AM | L |
| Sep 20, 2022 | Tue | Regular Season | New Hartford @ Utica Proctor (JFK/DMS) | 4:00 PM | | Proctor Park | Bus/Driver: Birnie Bus | Departure Time: 3:00 PM | L |
| Sep 24, 2022 | Sat | Regular Season (EJ Hermann Invitational) | TBD | TBD | | Proctor Park, Utica | | | 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 Time: 2:45 PM | L |
| Oct 1, 2022 | Sat | Regular Season (Whitesboro Cross country Invitational) | Rome Free Academy, Corcoran (Syracuse West), Oneonta, New York Mills, New Hartford, Westmoreland, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Oriskany, South Lewis, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro | 9:00 AM | | Deerfield Town Wilderness Park | Bus/Driver: No bus needed | | NL |
| Oct 4, 2022 | Tue | Regular Season | Oneida, Whitesboro | 4:00 PM | | Proctor Park, Utica | | Departure Time: 3:00 PM | L |
| Oct 8, 2022 | Sat | Regular Season (Coughlin Invitational) | @ Rome Free Academy | TBD | | RFA Cross Country Course | Bus/Driver: Birnie Bus | Departure Point: Notre Dame Lane Departure Time: 9:30 AM | L |
| Oct 11, 2022 | Tue | Regular Season | Camden @ Rome Free Academy | 4:00 PM | | RFA Cross Country Course | Bus/Driver: Hale | Departure Time: 2:30 PM | L |

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| Oct 15, 2022 | Sat | Regular Season | Westhill, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Cincinnatus, Cicero-North Syracuse, East Syracuse Minoa, Fayetteville-Manlius, Fulton, Jamesville-Dewitt, Liverpool, Mexico, Manlius Pebble Hill, Oneida, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Chittenango, Whitesboro @ Tully | 8:45 AM | 2:00 PM | Tully H S | Bus/Driver: Birnie | Departure Time: 7:15 AM | NL |
| Oct 29, 2022 | Sat | Regular Season | @ Adirondack | TBD | | Adirondack HS | Departure Time: 8:00 AM | | L |

Date: 2024-05-07