

## Coaches:

• Sarah Bushey-O'Hearn, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 19, 2023	Tue	Regular Season	Oneida, Utica Proctor (JFK/DMS) @ Rome Free Academy	4:30 PM		RFA Cross Country Course	<b>Bus/Driver:</b> Durham	Departure Point: Notre Dame Lane Departure Time: 2:45 PM	L
Sep 23, 2023	Sat	Regular Season	@ TBD	10:00 AM		Bville - Durgee Cross Country Trail	Bus/Driver: Birnie Bus	Departure Point: Notre Dame Lane Departure Time: 7:30 AM	L
Sep 26, 2023	Tue	Regular Season	Central Valley Academy, Holland Patent @ Utica Proctor (JFK/DMS)	4:00 PM		Proctor Park	<b>Bus/Driver:</b> Durham	Departure Point: Notre Dame Lane Departure Time: 2:45 PM	L
Sep 30, 2023	Sat	Regular Season (EJ Hermann Invitational)	TBD	9:30 AM		Proctor Park, Utica			L
Oct 3, 2023	Tue	Regular Season	Vernon- Verona-Sherrill, Utica Proctor (JFK/DMS) @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		Departure Point: Notre Dame Lane Departure Time: 2:45 PM	L
Oct 7, 2023	Sat	Regular Season	@ Tully	9:00 AM		Tully XC Course	Bus/Driver: Birnie Bus	Departure Point: Notre Dame Lane Departure Time: 7:45 AM	L
Oct 10, 2023	Tue	Regular Season	Camden, Utica Proctor (JFK/DMS) @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	Bus/Driver: Durham	Departure Point: Notre Dame Lane Departure Time: 2:45 PM	L
Oct 14, 2023	Sat	Regular Season (Rome Bill Coughlin Invitational)	@ Rome Free Academy	11:00 AM		RFA Cross Country Course	Bus/Driver: Birnie Bus	Departure Point: Notre Dame Lane Departure Time: 9:00 AM	L
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy, Vernon- Verona-Sherrill, Utica Proctor (JFK/DMS) @ Holland Patent	AM		HS Stadium / Track	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 2:45 PM	L

Date: 2024-05-11