



Utica Proctor

(G) 7/8TH Cross Country (JFK/DMS)

Coaches:

- Courtney Siciliano
- Alexis Holmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 3, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 4, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 5, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 5, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 5, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 6, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Sep 6, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 7, 2024	Sat	Practice	N/A	8:30 AM	10:00 AM	Donovan Track		
Sep 9, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 10, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 10, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 10, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 11, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 12, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 13, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 16, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 17, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 17, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 17, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 18, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 18, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 18, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 19, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 19, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 19, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 20, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 23, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 24, 2024	Tue	Regular Season	New Hartford, Vernon-Verona-Sherrill	4:00 PM		Proctor Park	Departure Point: JFK FIELDHOUSE Departure Time: 2:30 PM Return Date: Return Time: 5:00 PM	L
Sep 25, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 26, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Sep 27, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Sep 27, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 27, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	Clinton	9:30 AM		Proctor Park		NL
Sep 28, 2024	Sat	Regular Season	South Lewis	9:30 AM		Proctor Park		L
Sep 30, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 1, 2024	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:30 PM		Proctor Park, Utica	Departure Point: JFK FIELDHOUSE Departure Time: 2:30 PM Return Date: Return Time: 5:00 PM	L
Oct 2, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 3, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 4, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 7, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 8, 2024	Tue	Regular Season	Camden @ Oneida	4:00 PM		Cross Country Course	Departure Point: JFK FIELDHOUSE Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM	L
Oct 9, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 10, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 11, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 14, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 15, 2024	Tue	Regular Season	Whitesboro, Rome Free Academy, Holland Patent	4:00 PM		Proctor Park	Departure Point: JFK FIELDHOUSE Departure Time: 2:30 PM Return Date: Return Time: 5:00 PM	L
Oct 16, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 21, 2024	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 22, 2024	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 22, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 22, 2024	Tue	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 23, 2024	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 24, 2024	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Oct 24, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 24, 2024	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		
Oct 25, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	Proctor Park		
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park		
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Vernon-Verona-Sherrill, Central Valley Academy, Oneida, Camden, Holland Patent @ Notre Dame, Utica	11:00 AM		Proctor Park, Utica	Departure Point: JFK FIELDHOUSE Departure Time: 8:30 AM Return Date: Return Time: 12:30 PM	L

Date: 2024-08-19