



# Utica Proctor

## (B) 7/8TH Cross Country (JFK/DMS)

### Coaches:

- Courtney Siciliano
- Alexis Holmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2022	Sun	Practice	N/A	8:00 AM	9:30 AM	Donovan Track			
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	Donovan Track			
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	JFK Track			
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	JFK Track			
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	4:00 PM	JFK Track			
Aug 31, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	Donovan Track			
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	JFK Track			
Sep 1, 2022	Thu	Practice	N/A	3:30 PM	5:00 PM	Donovan Track			
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	JFK Track			
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	Donovan Track			
Sep 6, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 6, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 7, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 7, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 8, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 9, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 9, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Proctor Park			
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 13, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 13, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 14, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 15, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Practice Grass Field			
Sep 16, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park			
									<b>Departure Point:</b> DMS Bus Loop --> JFK Fieldhouse <b>Departure Date:</b> Sep 16, 2022 <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM
Sep 17, 2022	Sat	Regular Season @ New Hartford		9:00 AM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> Durham		L
									<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 11:00 AM
Sep 19, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:15 PM	Proctor Park			
Sep 20, 2022	Tue	Regular Season	New Hartford, Notre Dame, Utica	4:00 PM		Proctor Park			L
									<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 4:45 PM
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Sep 22, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 22, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 23, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 23, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 24, 2022	Sat	Regular Season (EJ Herman )	Central Valley Academy	9:00 AM		Proctor Park			L
									<b>Return Date:</b> <b>Return Time:</b> 2:00 PM
Sep 24, 2022	Sat	Regular Season	Oneonta	9:30 AM		Proctor Park			NL
Sep 24, 2022	Sat	Regular Season (EJ Hermann Invite)	Beaver River	10:00 AM		Proctor Park			NL
Sep 26, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Sep 26, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2022	Tue	Regular Season	Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> Donovan Bus Loop--->JFK Fieldhouse <b>Departure Date:</b> Sep 27, 2022 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Sep 27, 2022 <b>Return Time:</b> 5:00 PM	L
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Sep 29, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 30, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park			
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Rome Free Academy, Notre Dame, Utica, Corcoran (Syracuse West), Oneonta, New York Mills, New Hartford, Westmoreland, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, West Canada Valley, Mount Markham, Henninger, Oriskany, South Lewis, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	<b>Departure Point:</b> Donovan Bus Loop---> JFK Fieldhouse <b>Departure Time:</b> 7:30 AM		NL
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 4, 2022	Tue	Regular Season	Central Valley Academy @ Camden	4:00 PM		Osceola Ski and Sport Resort	<b>Bus/Driver:</b> Durham <b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> Donovan Bus Loop---> JFK Fieldhouse <b>Departure Date:</b> Oct 4, 2022 <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> Oct 4, 2022 <b>Return Time:</b> 5:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 6, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 6, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 7, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park			
Oct 11, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, Vernon-Verona-Sherrill @ Oneida	4:00 PM		Cross Country Course	Bus/Driver: Durham	Class Dismissal: 2:20 PM	Departure Point: Donovan Bus Loop Departure Date: Oct 11, 2022 Departure Time: 2:30 PM Return Date: Oct 11, 2022 Return Time: 5:00 PM
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	3:30 PM	Donovan Track			
Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
POSTPONED Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 14, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	4:00 PM	Proctor Park			
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	3:30 PM	Donovan Track			
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 18, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	3:30 PM	Donovan Track			
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	JFK Track			
Oct 21, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	Donovan Track			
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Proctor Park			
Oct 22, 2022	Sat	Regular Season (TVL League Championship)	Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Bus/Driver: Durham	Departure Point: JFK Field House---->DMS Loop	L
TBD		Practice	N/A	2:45 PM	3:30 PM	JFK Gym			

Date: 2024-07-18

