



# 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 26, 2019	Mon	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Aug 27, 2019	Tue	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Aug 28, 2019	Wed	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Aug 29, 2019	Thu	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Aug 30, 2019	Fri	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Aug 31, 2019	Sat	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Sep 3, 2019	Tue	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Sep 4, 2019	Wed	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Sep 5, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 6, 2019	Fri	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 7, 2019	Sat	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Sep 9, 2019	Mon	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 10, 2019	Tue	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 11, 2019	Wed	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 12, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 13, 2019	Fri	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Adirondack, Beaver River, Clinton, Herkimer, Notre Dame, Utica, Oneonta, Vernon-Verona-Sherrill, Hamilton @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 7:30 AM	L
Sep 16, 2019	Mon	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 17, 2019	Tue	Regular Season	Rome Free Academy, Notre Dame, Utica	4:00 PM		Proctor Park	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 2:30 PM	L
Sep 18, 2019	Wed	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 19, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 20, 2019	Fri	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 21, 2019	Sat	Practice	N/A	10:00 AM	11:00 AM	JFK Baseball Field			
Sep 23, 2019	Mon	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 24, 2019	Tue	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 26, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 27, 2019	Fri	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Sep 28, 2019	Sat	Regular Season (E.J Herrmann Invitational)	Sherburne-Earlville	8:30 AM		Proctor Park			L
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invitational)	Oriskany	9:00 AM		Proctor Park			NL
Sep 28, 2019	Sat	Regular Season (EJ Herrmann invitational)	Whitesboro	9:00 AM		Proctor Park			NL
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invite)	Holland Patent	9:00 AM	1:30 PM	Proctor Park			NL
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invitational )	Cooperstown (Modified)	9:30 AM	1:30 PM	Proctor Park			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2019	Sat	Regular Season (EJ Herman Invitational)	Camden	9:50 AM	1:30 PM	Proctor Park			L
Sep 28, 2019	Sat	Regular Season (EJ Hermann Invitational)	Beaver River	10:00 AM		Proctor Park			NL
Sep 28, 2019	Sat	Regular Season (EJ Hermann Cross Country Invitational )	Rome Free Academy	12:00 PM		Proctor Park			NL
Sep 28, 2019	Sat	Regular Season (Invitational)	@ Central Valley Academy	10:00 PM		Proctor Park			NL
Sep 30, 2019	Mon	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 1, 2019	Tue	Regular Season 15-43-18 W	Camden @ Central Valley Academy	4:00 PM		Diss Athletic Complex	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 2:30 PM	L
Oct 2, 2019	Wed	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 3, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 4, 2019	Fri	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Oneida, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Fayetteville-Manlius, Cooperstown (Modified), Central Valley Academy, New Hartford, Westmoreland, Holland Patent, Vernon-Verona-Sherrill, Notre Dame, Utica @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park			NL
Oct 7, 2019	Mon	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 8, 2019	Tue	Regular Season	Whitesboro @ Oneida	4:00 PM		Cross Country Course	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 2:30 PM	L
Oct 9, 2019	Wed	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 16, 2019	Wed	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 17, 2019	Thu	Practice	N/A	2:15 PM	4:00 PM	JFK Baseball Field			
Oct 22, 2019	Tue	Regular Season (TVL Championship) 96-224-272-98-169-219-36-89-56 L	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Oneida, Vernon-Verona-Sherrill, Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> JFK Fieldhouse <b>Departure Time:</b> 2:30 PM	L

Date: 2024-07-18