Utica Proctor
(B) V Outdoor Track

Coaches:

- Heather Monroe
- Jerry Tine

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Mar 13, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym			
Mar 13, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 13, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room			
Mar 15, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Mar 15, 2023	Wed	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym			
Mar 15, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 15, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room			
Mar 16, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Mar 16, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 16, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room			
Mar 17, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Mar 17, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 17, 2023	Fri	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 20, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 20, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 20, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 20, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 21, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 21, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 21, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 22, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 22, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 22, 2023	Wed	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 22, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 23, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 23, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 23, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 24, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 27, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 27, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 27, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 27, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 28, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 28, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 28, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 29, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 29, 2023	Wed	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 29, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 29, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 30, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 30, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 30, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Mar 31, 2023	Fri	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 31, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 31, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 31, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym), PHS Weight Room		
Apr 3, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 4, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 5, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 10, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 11, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 12, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 13, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 17, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Apr 17, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
Apr 18, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION		LEAGUE / NON-LEAGUE
Apr 19, 2023	Wed	Regular Season (Cook/DeStefano Invitational)	Notre Dame, Utica	4:00 PM		PHS Stadium (Turf Field/Track)			L
Apr 20, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Apr 21, 2023	Fri	Regular Season (Cook-DeStefano Invite)	Beaver River	3:45 PM	6:45 PM	PHS Stadium (Turf Field/Track)			NL
Apr 21, 2023	Fri	Regular Season (Cook-DeStefano Track Invite @ Proctor)	Waterville	3:45 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 21, 2023	Fri	Regular Season (Invitational)	Central Valley Academy	3:45 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 21, 2023	Fri	Regular Season (Cook and DeStefano track invite)	Whitesboro	3:45 PM	6:45 PM	PHS Stadium (Turf Field/Track)			NL
Apr 21, 2023	Fri	Regular Season (Invitational)	Syracuse Academy of Science	4:00 PM	9:00 PM	PHS Stadium (Turf Field/Track)			L
Apr 21, 2023	Fri	Regular Season	Clinton	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 21, 2023	Fri	Regular Season (Cook Invitational)	Notre Dame, Utica	4:00 PM		PHS Stadium (Turf Field/Track)			L
Apr 21, 2023	Fri	Regular Season (Cook DeStefano Invitational)	Mount Markham	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			NL
Apr 21, 2023	Fri	Regular Season (CooK DeStefano Invitation)	TBD	TBD		PHS Stadium (Turf Field/Track)	**Bus/Driver:** Durham	**Departure Point:** Cafe	NL
Apr 24, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Apr 24, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
Apr 25, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Apr 26, 2023	Wed	Regular Season (Sauquoit Invitational- Pat Cahill Meet)	Waterville	4:00 PM		PHS Stadium (Turf Field/Track)			L
Apr 27, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Apr 28, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
May 1, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
May 2, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 3, 2023	Wed	Regular Season	Rome Free Academy	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		L
May 4, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 8, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 8, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
May 9, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 10, 2023	Wed	Regular Season	New Hartford	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		L
May 11, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 12, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 15, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 15, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
May 17, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 18, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 22, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 22, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
May 23, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 25, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 26, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 29, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
May 30, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
May 31, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Jun 2, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Jun 5, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Jun 6, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Jun 7, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		
Jun 8, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track		

Date: 2024-04-20