

Coaches:

• Heather Monroe

• Jerry Tine

Mar 11, 2024MonPractice (B/G Track and Practice)3:005:00PHS HS PMMar 11, 2024MonPracticeN/ATBDPHS Main GymMar 12, 2024TuePractice (B/G Track and Practice)3:005:00PHS HS PMMar 12, 2024TuePractice (B/G Outdoor Practice)N/ATBDPHS MS PMMar 12, 2024TuePractice (B/G Outdoor Practice)N/ATBDPHS AUX PMMar 12, 2024TuePractice (B/G Outdoor Practice)N/ATBDPHS MS PMMar 13, 2024WedTrack and Practice)N/AS:00S:00 PMPHS HS TrackMar 13, 2024WedPractice (B/G Outdoor Track and Practice)N/AS:00S:00 PMPHS Main GymMar 14, 2024ThuPractice (B/G Outdoor Track and Practice)N/ATBDS:00 PMPHS Main GymMar 14, 2024ThuPractice (B/G Outdoor Track and Practice)N/ATBDS:00 PMPHS Main GymMar 15, 2024FriPractice (B/G Outdoor Track and Practice)N/ATBDS:00 PMPHS HS TrackMar 15, 2024FriPractice PracticeN/ATBDS:00 PMPHS MAX PMMar 16, 2024SatPractice PracticeN/ATBDPHS AUX PMMar 16, 2024SatPractice PracticeN/ATBDPHS Main PMMar 16, 2024<	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Mar 11, 2024 Mon Practice (B/G Outdoor Track and Practice) N/A TED Gym Mar 12, 2024 Tue Practice (B/G Practice) N/A PM PM PHS HS Frack Mar 12, 2024 Tue Practice (B/G Outdoor Track and Practice) N/A TBD 5:00 PM PHS AUX Gym Mar 13, 2024 Wed Practice (B/G Outdoor Track and Practice) N/A TBD PMS PHS HS Frack Mar 13, 2024 Wed Practice (B/G Outdoor Track and Practice) N/A TBD PHS Main Gym Mar 14, 2024 Thu Practice (B/G Outdoor Practice (B/G Outdoor Practice) N/A TBD PHS Main Gym Mar 14, 2024 Thu Practice (B/G Outdoor Practice) N/A TBD 5:00 PM PHS HS PM Mar 14, 2024 Thu Practice (B/G Outdoor Practice) N/A TBD 5:00 PM PHS AUX Gym Mar 15, 2024 Fri Practice (B/G Outdoor Practice) N/A TBD 5:00 PM PHS HS PM Mar 15, 2024 Fri Practice (B/G Outdoor Track and Practice) N/A TBD 5:00 PM PHS HS PM Mar 16, 2024 Sat Practice N/A TBD 5:00 PM PHS HS PM Mar 16, 2024 Mon Practice (B/G Pra	Mar 11, 2024	Mon	Outdoor Track and Field	N/A				
Mar 12, 2024TueTrack and Field Practice)N/A3:00 PM5:00 PMPHS HS PMMar 12, 2024TuePracticeN/ATBD5:00 PMPHS HS PMMar 13, 2024WedPractice (B/G Outdoor Track and Practice)N/ATBD5:00 PMPHS HS PMMar 13, 2024WedPractice (B/G Outdoor Track and Practice)N/ATBD5:00 PMPHS HS TrackMar 14, 2024TuPractice (B/G Outdoor Track and Practice)N/ATBD5:00 PMPHS HS TrackMar 14, 2024ThuPracticeN/ATBD5:00 PMPHS HS TrackMar 14, 2024ThuPractice (B/G Practice)N/ATBD5:00 PMPHS HS TrackMar 15, 2024FriPracticeN/ATBD5:00 PMPHS HS TrackMar 15, 2024FriPracticeN/ATBD5:00 PMPHS HS TrackMar 16, 2024SatPracticeN/ATBD5:00 PMPHS HS TrackMar 16, 2024SatPractice (B/G OutdoorN/ATBD5:00 PMPHS HS TrackMar 16, 2024MonPractice (B/G Practice)N/ATBD5:00 PMPHS HS PMMar 16, 2024MonPractice (B/G Practice)N/ATBDField PMPHS HS PMMar 18, 2024MonPracticeN/ATBDField PMPHS HS PMMar 18, 2024<	Mar 11, 2024	Mon	Practice	N/A	TBD			
Mar 12, 2024 Tue Practice N/A TBD 5.00 PM Gym (Volleyball gym) Mar 13, 2024 Wed Practice (B/G Track and Practice) N/A 3:00 PM 5:00 PM PHS HS Track Mar 13, 2024 Wed Practice N/A TBD PHS Main Gym Mar 13, 2024 Wed Practice N/A TBD PHS Main Gym Mar 14, 2024 Thu Practice (B/G Outdoor Practice) 3:00 PM 5:00 PM PHS HS Track Mar 14, 2024 Thu Practice N/A TBD 5:00 PM PHS HS Mar 14, 2024 Thu Practice N/A TBD 5:00 PM PHS HS Mar 15, 2024 Fri Practice N/A TBD 5:00 PM PHS HS Mar 15, 2024 Fri Practice N/A TBD 5:00 PM PHS HS Mar 16, 2024 Sat Practice N/A TBD 5:00 PM PHS HS Mar 16, 2024 Men Practice (B/G Outdoor Track and Field TBD 5:00 PM PHS HS Mar 16, 2024 Men Practice (B/G Outdoor Track and Field N/A TBD 5:00 PM PHS HS Mar 18, 2024 Men Practice (B/G Outdoor Track and Field <td< td=""><td>Mar 12, 2024</td><td>Tue</td><td>Outdoor Track and Field</td><td>N/A</td><td></td><td></td><td></td><td></td></td<>	Mar 12, 2024	Tue	Outdoor Track and Field	N/A				
Mar 13, 2024WedOutdoor Track and Field PracticeN/A3:00 PM5:00 PMPHS HS TrackMar 13, 2024WedPracticeN/ATBDPHS Main GymMar 14, 2024ThuPractice (B/G Outdoor Track and Field Practice)N/A3:00 PM5:00 PMPHS HS TrackMar 14, 2024ThuPractice (B/G Outdoor Track and Field OutdoorN/ATBDPHS AUX S:00 PMMar 14, 2024ThuPractice (B/G Outdoor Track and Practice)N/ATBD5:00 PMPHS AUX Gym (Volleyball gym)Mar 15, 2024FriPracticeN/ATBD5:00 PMPHS HS TrackMar 15, 2024FriPracticeN/ATBD5:00 PMPHS AUX Gym (Volleyball gym)Mar 16, 2024SatPracticeN/ATBD5:00 PMPHS HS Track, PHS AUX Gym (Volleyball gym)Mar 18, 2024MonPracticeN/ATBD5:00 PMPHS HS Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice Facility)Mar 18, 2024MonPractice Track and Field OutdoorN/ATBD5:00 PMPHS HS Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice Facility)	Mar 12, 2024	Tue	Practice	N/A	TBD		Gym (Volleyball	
Mar 13, 2024 Wed Practice (B/G Outdoor Track and Field Practice) N/A TBD Gym Mar 14, 2024 Thu Practice (B/G Outdoor N/A 3:00 PM 5:00 PM PHS HS Track Mar 14, 2024 Thu Practice N/A TBD 5:00 PM PHS AUX Gym (Volleyball gym) Mar 14, 2024 Thu Practice (B/G Outdoor Track and Field Practice) N/A TBD 5:00 PM PHS AUX Gym (Volleyball gym) Mar 15, 2024 Fri Practice N/A TBD 5:00 PM PHS AUX PM Mar 15, 2024 Fri Practice N/A TBD 5:00 PM PHS AUX PM Mar 16, 2024 Sat Practice N/A TBD 5:00 PM PHS HS Track, PHS AUX Gym (Volleyball gym), PHS HS Mar 16, 2024 Sat Practice N/A TBD 5:00 PM PHS HS Track, PHS AUX Gym Mar 18, 2024 Mon Practice (B/G Outdoor Track and Field Practice) 3:00 PM 5:00 PM PHS HS Track Mar 18, 2024 Mon Practice Practice N/A TBD PHS Main	Mar 13, 2024	Wed	Outdoor Track and Field	N/A				
Mar 14, 2024ThuOutdoor Track and Practice)N/A3:00 PM5:00 PMPHS HS TrackMar 14, 2024ThuPracticeN/ATBD $5:00$ PMPHS AUX (Volleyball gym)Mar 14, 2024ThuPracticeN/ATBD $5:00$ PMPHS AUX (Volleyball gym)Mar 15, 2024FriPractice (B/G Outdoor Track and Field Practice)N/A $3:00$ PM $5:00$ PMPHS HS PMMar 15, 2024FriPracticeN/ATBD $5:00$ PMPHS AUX PMMar 15, 2024FriPracticeN/ATBD $5:00$ PMPHS HS TrackMar 16, 2024SatPracticeN/ATBD $5:00$ PMPHS HS Track, PHS AUX Gym (Volleyball gym), PHS HIGdoor Track (Pactice)Mar 16, 2024MonPractice (B/G Outdoor Track and Field Practice)N/A $3:00$ PM $5:00$ PMMar 18, 2024MonPractice PracticeN/ATBD $9M$ $5:00$ PMPHS HS TrackMar 18, 2024MonPractice PracticeN/ATBD $9M$ $5:00$ PMPHS HS TrackMar 18, 2024MonPractice PracticeN/ATBD $9M$ $5:00$ PMPHS Main	Mar 13, 2024	Wed	Practice	N/A	TBD			
Mar 14, 2024ThuPracticeN/ATBD5:00 PM PMGym (Volleyball gym)Mar 15, 2024FriPractice (B/G Outdoor Track and Field Practice)N/A3:00 PM5:00 PMPHS HS TrackMar 15, 2024FriPracticeN/ATBD5:00 PMPHS AUX Gym (Volleyball gym)Mar 15, 2024FriPracticeN/ATBD5:00 PMPHS AUX Gym (Volleyball gym)Mar 16, 2024SatPracticeN/ATBD5:00 PMPHS HS Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice)Mar 18, 2024MonPracticeN/A3:00 PM5:00 PMPHS HS TrackMar 18, 2024MonPracticeN/ATBDPHS Main	Mar 14, 2024	Thu	Outdoor Track and Field	N/A				
Mar 15, 2024FriOutdoor Track and Field Practice)N/A3:00 PM5:00 PMPHS HS TrackMar 15, 2024FriPracticeN/ATBD5:00 	Mar 14, 2024	Thu	Practice	N/A	TBD		Gym (Volleyball	
Mar 15, 2024FriPracticeN/ATBD5:00 PMGym (Volleyball gym)Mar 16, 2024SatPracticeN/ATBDPHS HS 	Mar 15, 2024	Fri	Outdoor Track and Field	N/A				
Mar 16, 2024SatPracticeN/ATBDTrack, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice Facility)Mar 18, 2024MonPractice (B/G 	Mar 15, 2024	Fri	Practice	N/A	TBD		Gym (Volleyball	
Mar 18, 2024 Mon Outdoor Track and Field Practice) N/A 3:00 PM 5:00 PM PHS HS Track Mar 18, 2024 Mon Practice N/A TBD PHS Main	Mar 16, 2024	Sat	Practice	N/A	TBD		Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice	
	Mar 18, 2024	Mon	Outdoor Track and Field	N/A				
	Mar 18, 2024	Mon	Practice	N/A	TBD			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Mar 19, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 19, 2024	Tue	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 20, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 20, 2024	Wed	Practice	N/A	TBD		PHS Main Gym	
Mar 21, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 21, 2024	Thu	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 22, 2024	Fri	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 22, 2024	Fri	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 23, 2024	Sat	Practice	N/A	TBD		PHS HS Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice Facility)	
Mar 25, 2024	Mon	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 25, 2024	Mon	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 26, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 26, 2024	Tue	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Mar 27, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 27, 2024	Wed	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 28, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Mar 28, 2024	Thu	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Mar 29, 2024	Fri	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)	
Apr 1, 2024	Mon	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Apr 2, 2024	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)	
Apr 2, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Apr 3, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)	
Apr 3, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Apr 4, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)	
Apr 4, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	
Apr 5, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS AUX Gym (Volleyball gym)	
Apr 5, 2024	Fri	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 8, 2024	Mon	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 9, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 10, 2024	Wed	Practice	N/A	9:00 AM	11:00 AM	PHS Stadium (Turf Field/Track)			
Apr 10, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 11, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 11, 2024	Thu	Regular Season	Holland Patent	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 12, 2024	Fri	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 15, 2024	Mon	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 16, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 17, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 18, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Apr 19, 2024	Fri	Regular Season (Utica- Proctor Track and Field Invitational)	Waterville	3:30 PM		PHS Stadium (Turf Field/Track)			L
Apr 19, 2024	Fri	Regular Season (Cook DeStefano Invitaional)	TBD	3:45 PM		PHS Stadium (Turf Field/Track)	Bus/Driver: Durham	Departure Point: Cafe	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 19, 2024	Fri	Regular Season (Cook DeStefano Invite)	Holland Patent	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		L
Apr 19, 2024	Fri	Regular Season (Cook- DeStefano Invitational)	Mount Markham	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		NL
Apr 19, 2024	Fri	Regular Season (Proctor Cook- Destefano Invite)	Clinton	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		NL
May 1, 2024	Wed	Regular Season	Whitesboro	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		L
May 14, 2024	Tue	Regular Season (TVL Invitational CO-ED)	Camden, Central Valley Academy, Holland Patent, Notre Dame, Utica, New Hartford, Oneida, Rome Free Academy, Vernon- Verona- Sherrill, Whitesboro	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)		L

Date: 2024-04-29