

**Coaches:**

- Heather Monroe
- Jerry Tine

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Mar 11, 2024	Mon	Practice	N/A	TBD		PHS Main Gym			
Mar 12, 2024	Tue	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Mar 12, 2024	Tue	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)			
Mar 13, 2024	Wed	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Mar 13, 2024	Wed	Practice	N/A	TBD		PHS Main Gym			
Mar 14, 2024	Thu	Practice (B/G Outdoor Track and Field Practice)	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 15, 2024	Fri	Practice (B/G Outdoor Track and Field Practice)	N/A	3:00 PM	5:00 PM	PHS HS Track			
Mar 15, 2024	Fri	Practice	N/A	TBD	5:00 PM	PHS AUX Gym (Volleyball gym)			
Mar 16, 2024	Sat	Practice	N/A	TBD		PHS HS Track, PHS AUX Gym (Volleyball gym), PHS Indoor Track (Practice Facility)			
Mar 18, 2024	Mon	Practice (B/G 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 Gym			

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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)		

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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	TYPE	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 Invitational)	TBD	3:45 PM		PHS Stadium (Turf Field/Track)	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Cafe	NL

DATE	WEEK DAY	TYPE	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: 2024-04-09