


Utica Proctor
(B) V Outdoor Track
Coaches:

- Heather Monroe
- Jerry Tine

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / NON-LEAGUE |
|------------------------|----------|--|-----------|------------|----------|--------------------------------------|-----------------------------|
| Mar 16, 2020 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | |
| Mar 16, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | |
| Mar 16, 2020 | Mon | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | |
| Mar 16, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | |
| Mar 16, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | |
| Mar 17, 2020 | Tue | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | |
| Mar 17, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | |
| Mar 17, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | |
| Mar 17, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | |
| Mar 18, 2020 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | |
| Mar 18, 2020 | Wed | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | |
| Mar 18, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | |
| Mar 18, 2020 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | |
| Mar 18, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | |
| CANCELLED Mar 19, 2020 | Thu | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | |
| Mar 20, 2020 | Fri | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | |
| Mar 23, 2020 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | |
| Mar 23, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | |
| Mar 23, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--------------------------------------|----------------|---------------------|
| Mar 23, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Mar 23, 2020 | Mon | Practice | N/A | TBD | TBD | | | |
| Mar 24, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Mar 24, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Mar 24, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 24, 2020 | Tue | Practice | N/A | TBD | TBD | | | |
| Mar 25, 2020 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Mar 25, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Mar 25, 2020 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 25, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Mar 25, 2020 | Wed | Practice | N/A | TBD | TBD | | | |
| Mar 26, 2020 | Thu | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Mar 26, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 27, 2020 | Fri | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Mar 27, 2020 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Mar 27, 2020 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 27, 2020 | Fri | Practice | N/A | TBD | TBD | | | |
| Mar 30, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Mar 30, 2020 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Mar 30, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 30, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Mar 30, 2020 | Mon | Practice | N/A | TBD | TBD | | | |
| Mar 31, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|--------------------------|------------|----------|--------------------------------------|----------------|---------------------|
| Mar 31, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Mar 31, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Mar 31, 2020 | Tue | Practice | N/A | TBD | TBD | | | |
| Apr 1, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 1, 2020 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 1, 2020 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 1, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 1, 2020 | Wed | Practice | N/A | TBD | TBD | | | |
| Apr 2, 2020 | Thu | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 2, 2020 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 2, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 2, 2020 | Thu | Practice | N/A | TBD | TBD | | | |
| Apr 13, 2020 | Mon | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 14, 2020 | Tue | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 14, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 14, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 14, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| CANCELLED Apr 15, 2020 | Wed | Regular Season | @ Vernon-Verona-Sherrill | 4:00 PM | | Track | | L |
| Apr 15, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 16, 2020 | Thu | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 16, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 17, 2020 | Fri | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 17, 2020 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|-------------------|------------|----------|--------------------------------------|----------------|---------------------|
| Apr 17, 2020 | Fri | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 17, 2020 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 20, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 20, 2020 | Mon | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 20, 2020 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 20, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 20, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 21, 2020 | Tue | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 21, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 21, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 21, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| CANCELLED Apr 22, 2020 | Wed | Regular Season | Rome Free Academy | 4:00 PM | 6:45 PM | PHS Stadium (Turf Field/Track) | | L |
| Apr 22, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 23, 2020 | Thu | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 23, 2020 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 23, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 27, 2020 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 27, 2020 | Mon | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 27, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 27, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Apr 27, 2020 | Mon | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 28, 2020 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|---------------------------------------|------------|----------|--------------------------------------|----------------|---------------------|
| Apr 28, 2020 | Tue | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 28, 2020 | Tue | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 28, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| POSTPONED Apr 29, 2020 | Wed | Regular Season | @ Oneida | 4:00 PM | | HS Track | | L |
| POSTPONED Apr 29, 2020 | Wed | Regular Season (at Oneida) | @ Camden | 4:15 PM | | TBD | | L |
| Apr 29, 2020 | Wed | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 4:30 PM | 5:30 PM | PHS AUX Gym (Volleyball gym) | | |
| Apr 30, 2020 | Thu | Practice (Boys and Girls Outdoor Track and Field Practice) | N/A | 2:45 PM | 4:30 PM | PHS Indoor Track (Practice Facility) | | |
| Apr 30, 2020 | Thu | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| Apr 30, 2020 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | PHS Main Gym | | |
| Apr 30, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 1, 2020 | Fri | Practice | N/A | 2:45 PM | 4:30 PM | PHS Stadium (Turf Field/Track) | | |
| May 4, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 5, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| POSTPONED May 6, 2020 | Wed | Regular Season | Central Valley Academy @ New Hartford | 4:00 PM | | New Hartford HS Track | | L |
| POSTPONED May 6, 2020 | Wed | Regular Season | @ Central Valley Academy | 4:30 PM | | New Hartford HS Track | | L |
| May 7, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 11, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 12, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| POSTPONED May 13, 2020 | Wed | Regular Season | @ Whitesboro | 4:00 PM | | Ed Wadas Complex High School | | L |
| May 14, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 18, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|--|------------|----------|--------------------------------|----------------|---------------------|
| CANCELLED May 19, 2020 | Tue | Regular Season (TVL Championship) | Whitesboro, Central Valley Academy, New Hartford, Vernon-Verona-Sherrill, Rome Free Academy, Oneida @ Camden | 4:15 PM | | Camden High School Stadium | | L |
| May 21, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| POSTPONED May 22, 2020 | Fri | Regular Season (Co-Ed Track invitational) | Whitesboro | 4:00 PM | 6:45 PM | PHS Stadium (Turf Field/Track) | | NL |
| May 22, 2020 | Fri | Regular Season (Cook DeStefano Invite) | TBD | TBD | | PHS Stadium (Turf Field/Track) | | NL |
| May 26, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 28, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| May 29, 2020 | Fri | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 1, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 2, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 3, 2020 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 4, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 8, 2020 | Mon | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 9, 2020 | Tue | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 10, 2020 | Wed | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |
| Jun 11, 2020 | Thu | Practice | N/A | 4:00 PM | 5:30 PM | PHS Weight Room | | |

Date: 2026-01-10