

Coaches:

- Heather Monroe
- Jerry Tine

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 14, 2022	Mon	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Mar 14, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 15, 2022	Tue	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Mar 15, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 15, 2022	Tue	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)			
Mar 16, 2022	Wed	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Mar 16, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 17, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 17, 2022	Thu	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility)			
Mar 17, 2022	Thu	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)			
Mar 18, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility)			
Mar 18, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 18, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	PHS AUX Gym (Volleyball gym)			
Mar 21, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 21, 2022	Mon	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Mar 22, 2022	Tue	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 22, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 22, 2022	Tue	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)		
Mar 23, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 23, 2022	Wed	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)		
Mar 24, 2022	Thu	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility)		
Mar 24, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 24, 2022	Thu	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)		
Mar 25, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 25, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	PHS AUX Gym (Volleyball gym)		
Mar 25, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility)		
Mar 28, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 28, 2022	Mon	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)		
Mar 29, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 29, 2022	Tue	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)		
Mar 29, 2022	Tue	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)		
Mar 30, 2022	Wed	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)		
Mar 30, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track		
Mar 31, 2022	Thu	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 31, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Mar 31, 2022	Thu	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)			
Apr 1, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	PHS AUX Gym (Volleyball gym)			
Apr 1, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 4, 2022	Mon	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Apr 4, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 5, 2022	Tue	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Apr 5, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 5, 2022	Tue	Practice	N/A	TBD		PHS AUX Gym (Volleyball gym)			
Apr 6, 2022	Wed	Practice	N/A	2:45 PM	4:30 PM	PHS Main Gym, PHS Indoor Track (Practice Facility)			
Apr 6, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 7, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 8, 2022	Fri	Practice	N/A	2:50 PM	4:45 PM	PHS HS Track			
Apr 12, 2022	Tue	Regular Season (TVL relays)	Whitesboro, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy, Vernon-Verona-Sherrill	10:00 AM	6:45 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: Birnie		L
Apr 13, 2022	Wed	Practice	N/A	10:00 AM	12:00 PM	PHS HS Track			
Apr 14, 2022	Thu	Practice	N/A	10:00 AM	12:00 PM	PHS HS Track			
Apr 18, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 19, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 20, 2022	Wed	Practice	N/A	2:50 PM	4:30 PM	PHS HS Track			
Apr 21, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 22, 2022	Fri	Regular Season	New Hartford	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 22, 2022	Fri	Regular Season (PHS CD INvitational)	TBD	4:00 PM		PHS Stadium (Turf Field/Track)	Bus/Driver: Birnie		NL
Apr 22, 2022	Fri	Regular Season (Lou Cook Peter DeStefano invitational)	Whitesboro	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			NL
Apr 22, 2022	Fri	Regular Season (Invitational)	Central Valley Academy	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 22, 2022	Fri	Regular Season	Rome Free Academy	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 25, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 25, 2022	Mon	Regular Season (Co-Ed)	Vernon-Verona-Sherrill	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: Birnie	Departure Time: 2:00 PM	L
Apr 26, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 27, 2022	Wed	Regular Season (Co-Ed)	Whitesboro	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)			L
Apr 28, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Apr 29, 2022	Fri	Regular Season (Rome Invitational)	@ TBD	4:00 PM		RFA HS Track	Bus/Driver: Durham	Departure Point: Cafe Departure Time: 2:45 PM	NL
May 2, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 2, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 2, 2022	Mon	Regular Season (Boys Only Rookie Meet @ NH)	@ TBD	5:00 PM		New Hartford HS Track	Bus/Driver: Durham	Departure Point: Cafe Departure Time: 4:15 PM	L
May 3, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 3, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2022	Wed	Regular Season (Co-Ed)	@ Rome Free Academy	4:00 PM		Stadium Track and Field	Class Dismissal: 2:30 PM	Departure Point: cafeteria @ Proctor HS Departure Date: May 4, 2022 Departure Time: 3:00 PM Return Date: Return Time: 8:30 PM	L
May 5, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 6, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 6, 2022	Fri	Regular Season (Ed Wadas Invitational)	Clinton, Adirondack, Dolgeville, Vernon-Verona-Sherrill, Watertown, New York Mills, Sauquoit Valley, Nottingham, Niskayuna High School, Rome Free Academy, Oneida, Remsen, South Lewis, Chittenango, Westmoreland, Homer, Central Valley Academy, West Canada Valley, New Hartford, Herkimer @ Whitesboro	3:30 PM		Ed Wadas Complex High School		Departure Point: Stadium Departure Time: 2:30 PM	NL
May 9, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 9, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 10, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 10, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 11, 2022	Wed	Regular Season (Co-Ed)	@ New Hartford	4:00 PM		New Hartford HS Track		Departure Point: cafeteria @ Proctor HS Departure Time: 3:00 PM	L
May 12, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 13, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 13, 2022	Fri	Regular Season (Oneida Invitational)	@ TBD	4:00 PM		HS Track	Bus/Driver: Durham	Departure Point: Cafe Departure Time: 2:45 PM	NL
May 16, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 16, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 17, 2022	Tue	Regular Season (TVL League Meet Co-Ed)	TBD, Whitesboro, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy @ Vernon-Verona-Sherrill	4:00 PM		Track		Departure Point: cafeteria @ Proctor HS Departure Time: 2:30 PM	L
May 18, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 19, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 20, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 21, 2022	Sat	Regular Season (Clinton hs relays)	@ TBD	10:00 AM		Clinton HS	Bus/Driver: Durham	Departure Point: Cafe Departure Time: 8:30 AM	NL
May 23, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 23, 2022	Mon	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 24, 2022	Tue	Practice	N/A	2:45 PM	4:45 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 24, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 25, 2022	Wed	Post-Season (Sectionals @ B'ville)	@ TBD	4:00 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe Departure Time: 1:30 PM	NL
May 26, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 27, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
May 31, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 1, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 2, 2022	Thu	Post-Season (State Qualifiers @ CNS)	@ TBD	4:00 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
Jun 3, 2022	Fri	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 6, 2022	Mon	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 7, 2022	Tue	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 8, 2022	Wed	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 9, 2022	Thu	Practice	N/A	2:45 PM	4:15 PM	PHS HS Track			
Jun 10, 2022	Fri	Post-Season (NYS T & F @ CNS)	@ TBD	TBD		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
Jun 11, 2022	Sat	Post-Season (NYS T & F @ CNS)	@ TBD	TBD		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL

Date: 2025-12-19