



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 Indoor Track (Practice Facility)			
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 Stadium (Turf Field/Track)			
Mar 13, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room			
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 Stadium (Turf Field/Track)			
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 New Gym (Volleyball gym), PHS Weight Room			
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	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)			
Mar 16, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room			
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			
Mar 17, 2023	Fri	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 / NON-LEAGUE
Mar 17, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room		
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	5:00 PM	PHS Stadium (Turf Field/Track)		
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 New Gym (Volleyball gym), PHS Weight Room		
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	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 21, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	PHS New 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	3:30 PM	PHS Main Gym		
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	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room		
Mar 23, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 23, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Mar 23, 2023	Thu	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room		
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	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	3:30 PM	PHS Main Gym		
Mar 24, 2023	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room		
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	2:45 PM	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 27, 2023	Mon	Practice	N/A	4:00 PM	5:00 PM	PHS New Gym (Volleyball gym), PHS Weight Room		
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	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Mar 28, 2023	Tue	Practice	N/A	4:00 PM	5:00 PM	PHS New 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	5:00 PM	PHS Stadium (Turf Field/Track)		
Mar 29, 2023	Wed	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 29, 2023	Wed	Practice	N/A	4:00 PM	5:00 PM	PHS New 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 New Gym (Volleyball gym), PHS Weight Room		
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	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	4:00 PM	5:00 PM	PHS New 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 6, 2023	Thu	Regular Season (TVL Relays Co-Ed)	Whitesboro, Central Valley Academy, Rome Free Academy, Holland Patent, New Hartford, Vernon-Verona-Sherrill, Oneida, Notre Dame, Utica @ Camden	4:00 PM		Camden High School Stadium		L
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
Apr 19, 2023	Wed	Regular Season	Vernon-Verona-Sherrill @ Oneida	4:00 PM		HS 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 and DeStefano track invite)	Whitesboro	3:45 PM	6:45 PM	PHS Stadium (Turf Field/Track)		NL
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-DeStefano Track Invite @ Proctor)	Waterville	3:45 PM	6:45 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	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 (Invitational)	Syracuse Academy of Science	4:00 PM	9:00 PM	PHS Stadium (Turf Field/Track)		L
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	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym		
Apr 24, 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	
Apr 24, 2023	Mon	Regular Season (TVL Rookie Meet Co-ED)	Central Valley Academy, Rome Free Academy, Camden, Holland Patent, New Hartford, Vernon-Verona-Sherrill, Oneida, Notre Dame, Utica @ Whitesboro	6:00 PM		Ed Wadas Complex High School	Bus/Driver: Durham	Departure Point: PHS CAFETERIA Departure Time: 4:30 PM	L
Apr 25, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Apr 26, 2023	Wed	Regular Season 44-97 L	@ Whitesboro	4:00 PM		Ed Wadas Complex High School			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			
Apr 29, 2023	Sat	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	6:00 PM	Chittenango HS- Stadium			NL
May 1, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 1, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
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 5, 2023	Fri	Regular Season (Invitational @ Whitesboro)	@ TBD	3:45 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
May 8, 2023	Mon	Practice	N/A	2:45 PM	3:30 PM	PHS Indoor Track (Practice Facility), PHS Main Gym			
May 8, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2023	Fri	Regular Season (Invitational @ B'ville)	@ TBD	4:00 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
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 16, 2023	Tue	Regular Season (TVL League Meet)	Whitesboro, Central Valley Academy, Rome Free Academy, Holland Patent, New Hartford, Vernon-Verona-Sherrill, Oneida, Notre Dame, Utica @ Camden	4:15 PM		Camden High School Stadium			L
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 19, 2023	Fri	Regular Season (Invitational @ CNS)	@ TBD	4:00 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
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 24, 2023	Wed	Post-Season (Class AA Sectionals @ CNS)	@ TBD	4:00 PM		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
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			
May 31, 2023	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS HS Track			
Jun 1, 2023	Thu	Post-Season (Section 3 State Qualifier Meet @ CNS)	@ TBD	TBD		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL
Jun 2, 2023	Fri	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
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			
Jun 9, 2023	Fri	Post-Season (NYS Championships @ TBD Middletown, NY)		TBD		TBD	Bus/Driver: Durham	Departure Point: Cafe	NL

Date: 2023-06-09