



# Utica Proctor

## (B) 7/8TH Outdoor Track (JFK)

### Coaches:

- Dan Clark

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 30, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Mar 31, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 3, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 4, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 5, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 6, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 7, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 17, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 18, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 19, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 20, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 21, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 24, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 25, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 26, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 27, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 28, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
Apr 28, 2023	Fri	Regular Season	@ Holland Patent	4:00 PM		HS Stadium / Track		L
May 1, 2023	Mon	Regular Season	Rome Free Academy	4:00 PM		JFK Track		L
May 2, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 3, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 3, 2023	Wed	Regular Season	Oneida	4:00 PM		JFK Track		L
May 4, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 8, 2023	Mon	Regular Season	@ Vernon-Verona-Sherrill	4:15 PM		Track		L
May 9, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 10, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 11, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 15, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 15, 2023	Mon	Regular Season	@ Central Valley Academy	4:30 PM		Diss Athletic Complex	<b>Departure Point:</b> JFK Gym Doors near dumpsters <b>Departure Time:</b> 3:15 PM	L
May 16, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 17, 2023	Wed	Regular Season	Whitesboro	4:00 PM		JFK Track		L
May 18, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 19, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 22, 2023	Mon	Regular Season (TVL Track meet)	Whitesboro, New Hartford, Rome Free Academy, Utica Proctor (DMS) @ Camden	4:00 PM		Camden High School Stadium		L
May 23, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 24, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 25, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 25, 2023	Thu	Regular Season	Utica Proctor (DMS)	4:00 PM		PHS HS Track		L
May 26, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 29, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	JFK Track		
May 30, 2023	Tue	Regular Season	@ New Hartford	4:00 PM		HS Track		L
May 31, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	JFK Track		

Date: 2024-05-03