



Utica Proctor

(G) 7/8TH Swimming/Diving (JFK/DMS)

Coaches:

- Jeanna Swift
- Kimberly Philo

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 20, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 27, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 28, 2022	Wed	Practice (Pentathlon)	N/A	4:30 PM	5:30 PM	PHS Swimming Pool	Departure Point: Proctor Cafeteria Departure Date: Sep 28, 2022 Departure Time: 3:00 PM	
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 30, 2022	Fri	Regular Season	Rome Free Academy	4:30 PM		PHS Swimming Pool		L
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Oct 4, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2022	Wed	Regular Season	Adirondack	4:30 PM	7:30 PM	PHS Swimming Pool		L
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Oct 10, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		

Date: 2024-05-21