



# 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 21, 2022	Wed	Scrimmage	West Canada Valley, Holland Patent, TBD @ Rome Free Academy	4:30 PM		RFA Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:15 PM	L
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Sep 23, 2022	Fri	Regular Season 22-35 L	@ Adirondack	4:30 PM	7:30 PM	Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:00 PM	L
Sep 26, 2022	Mon	Regular Season 32-9 W	@ Holland Patent	4:30 PM		Holland Patent HS- Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:15 PM	L
Sep 27, 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
Sep 28, 2022	Wed	Practice (Pentathlon)	N/A	4:30 PM	5:30 PM	PHS Swimming Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Date:</b> Sep 28, 2022 <b>Departure Time:</b> 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		
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		
Oct 12, 2022	Wed	Regular Season	@ Holland Patent	4:30 PM	7:30 PM	Holland Patent HS-Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:15 PM	L
Oct 14, 2022	Fri	Scrimmage (Mod Relays)	Holland Patent, Adirondack @ Rome Free Academy	4:00 PM		RFA Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:00 PM	L
Oct 17, 2022	Mon	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	<b>Departure Point:</b> Proctor Cafeteria <b>Departure Time:</b> 3:15 PM	L

Date: 2025-12-09