



Utica Proctor

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

Coaches:

- Jeanna Swift, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	PHS Swimming Pool		
Dec 4, 2023	Mon	Scrimmage	Rome Free Academy, New Hartford @ Holland Patent	5:00 PM		Holland Patent HS-Pool	Departure Point: Proctor Cafeteria Departure Time: 3:30 PM	L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Dec 15, 2023	Fri	Regular Season	Holland Patent, Rome Free Academy @ New Hartford	5:00 PM		New Hartford HS Pool	Departure Point: Proctor Cafeteria Departure Time: 3:30 PM	L
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Dec 20, 2023	Wed	Regular Season	New Hartford, Holland Patent @ Rome Free Academy	4:30 PM		RFA Pool	Departure Point: Proctor Cafeteria Departure Time: 3:15 PM	L
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 3, 2024	Wed	Regular Season (WinterRelays)	Holland Patent, New Hartford @ Rome Free Academy	4:30 PM		RFA Pool	Departure Point: Proctor Cafeteria Departure Time: 3:15 PM	L

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Jan 4, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 9, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 10, 2024	Wed	Regular Season	Holland Patent, New Hartford, Rome Free Academy	4:30 PM		PHS Swimming Pool		L
Jan 11, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 15, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 16, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	(OCC) Onondaga Community College		
Jan 17, 2024	Wed	Regular Season	New Hartford, Rome Free Academy @ Holland Patent	4:30 PM		RFA Pool		L

Date: 2025-12-10