

Coaches:

- Walter Savage, Head Coach
- Heather Monroe, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 2, 2022	Fri	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Dec 9, 2022	Fri	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Dec 19, 2022	Mon	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Dec 28, 2022	Wed	Regular Season (CNY HOLIDAY CLASSIC INVITATIONAL)	@ TBD	11:45 AM		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 10:45 AM Return Date: Return Time: 5:00 PM	NL
Jan 6, 2023	Fri	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Jan 12, 2023	Thu	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	4:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Jan 21, 2023	Sat	Regular Season (Meet @ Utica University (Senior March))	@ TBD	10:00 PM		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 8:30 PM	L
Jan 26, 2023	Thu	Regular Season (League Championships @ Utica University)	@ TBD	4:30 PM	4:30 PM	UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Departure Time: 2:15 PM	L
Feb 9, 2023	Thu	Post-Season (Sectionals @ OCC)	@ TBD	4:30 PM	9:00 PM	(OCC) Onondaga Community College	Departure Point: Proctor HS Cafeteria Departure Time: 2:15 PM	NL
Feb 15, 2023	Wed	Post-Season (State Quals @ OCC)	@ TBD	4:30 PM	9:00 PM	(OCC) Onondaga Community College	Departure Point: Proctor HS Cafeteria	NL

Date: 2025-12-14