

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Nov 20, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Nov 20, 2024	Wed	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Nov 22, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Nov 22, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Nov 25, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Nov 25, 2024	Mon	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Nov 26, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Nov 27, 2024	Wed	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Nov 29, 2024	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility)			
Dec 2, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 4, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 5, 2024	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 5, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 12, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 12, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Dec 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 14, 2024	Sat	Regular Season (Various Schools)	TBD	3:00 PM		(OCC) Onondaga Community College		Departure Point: Cafe Departure Date: Dec 14, 2024 Departure Time: 1:00 PM	L
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 17, 2024	Tue	Regular Season (Various Schools)	TBD	4:30 PM		Hamilton College		Departure Date: Dec 17, 2024 Departure Time: 3:00 PM	L
Dec 18, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 19, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Dec 21, 2024	Sat	Regular Season (Various Schools)	TBD	3:00 PM		(OCC) Onondaga Community College		Departure Date: Dec 21, 2024 Departure Time: 1:00 PM	L
Dec 23, 2024	Mon	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Dec 27, 2024	Fri	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Dec 28, 2024	Sat	Regular Season (Various Schools)	TBD	TBD		UTICA COLLEGE INDOOR TRACK			L
Dec 30, 2024	Mon	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2025	Thu	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Jan 3, 2025	Fri	Regular Season (Various Schools)	TBD	6:30 PM		Colgate University		Departure Date: Jan 3, 2025 Departure Time: 4:30 PM	L
Jan 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 8, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 9, 2025	Thu	Regular Season (Various Schools)	TBD	4:30 PM		MVCC Field House			L
Jan 10, 2025	Fri	Regular Season (Various Schools)	TBD	3:00 PM		UTICA COLLEGE INDOOR TRACK	Bus/Driver: Durham	Departure Point: Cafeteria Departure Date: Jan 10, 2025 Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Jan 11, 2025	Sat	Regular Season (Various Schools)	TBD	TBD		UTICA COLLEGE INDOOR TRACK			L
Jan 13, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 16, 2025	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 16, 2025	Thu	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Jan 17, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 18, 2025	Sat	Regular Season (Art McKinnon Meet)	TBD	3:00 PM		(OCC) Onondaga Community College	Bus/Driver: Durham	Departure Point: PHS CAF Departure Time: 12:30 PM	L
Jan 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 22, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 23, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 24, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House			
Jan 25, 2025	Sat	Regular Season (Various Schools TVL)	TBD	3:00 PM		(OCC) Onondaga Community College		Departure Date: Jan 25, 2025 Departure Time: 1:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 27, 2025	Mon	Practice	N/A	2:35 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 28, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 28, 2025	Tue	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Jan 29, 2025	Wed	Practice	N/A	2:35 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 30, 2025	Thu	Practice	N/A	2:35 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 31, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Jan 31, 2025	Fri	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Feb 3, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 4, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 4, 2025	Tue	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Feb 5, 2025	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 5, 2025	Wed	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Feb 6, 2025	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 7, 2025	Fri	Regular Season (Various Schools Section 3 "AA")	TBD	4:30 PM		(OCC) Onondaga Community College	Class Dismissal: 1:45 PM	Departure Date: Feb 7, 2025 Departure Time: 2:00 PM	L
Feb 10, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 11, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 11, 2025	Tue	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Feb 12, 2025	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 13, 2025	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 14, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 14, 2025	Fri	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)			
Feb 17, 2025	Mon	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 17, 2025	Mon	Practice	N/A	11:00 AM	1:00 PM	PHS Indoor Track (Practice Facility)			
Feb 18, 2025	Tue	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 18, 2025	Tue	Practice	N/A	11:00 AM	1:00 PM	PHS Indoor Track (Practice Facility)			
Feb 19, 2025	Wed	Practice	N/A	11:00 AM	1:00 PM	PHS Indoor Track (Practice Facility)			
Feb 19, 2025	Wed	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 20, 2025	Thu	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 20, 2025	Thu	Practice	N/A	11:00 AM	1:00 PM	PHS Indoor Track (Practice Facility)			
Feb 21, 2025	Fri	Practice	N/A	11:00 AM	1:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 21, 2025	Fri	Practice	N/A	11:00 AM	1:00 PM	PHS Indoor Track (Practice Facility)			
Feb 22, 2025	Sat	Practice (Practice)	N/A	9:00 AM	10:30 PM	PHS Indoor Track (Practice Facility)			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 24, 2025	Mon	Practice	N/A	2:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 24, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 25, 2025	Tue	Post-Season (State Qualifiers)	TBD	4:30 PM		(OCC) Onondaga Community College	Bus/Driver: Durham	Departure Point: PHS CAF Departure Time: 2:00 PM	NL
Feb 26, 2025	Wed	Practice	N/A	2:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 26, 2025	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 27, 2025	Thu	Practice	N/A	2:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 27, 2025	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Feb 28, 2025	Fri	Practice	N/A	2:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Feb 28, 2025	Fri	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 3, 2025	Mon	Practice	N/A	2:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Mar 3, 2025	Mon	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 4, 2025	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Mar 4, 2025	Tue	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 5, 2025	Wed	Practice	N/A	2:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Mar 5, 2025	Wed	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			
Mar 6, 2025	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Aux Gym ROTC (small gym)			
Mar 6, 2025	Thu	Practice	N/A	2:45 PM	5:00 PM	PHS Indoor Track (Practice Facility)			