

**Coaches:**

- Jerry Tine
- Heather Monroe

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	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Date:</b> Dec 2, 2022 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Dec 2, 2022 <b>Return Time:</b> 10:00 PM	L
Dec 9, 2022	Fri	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Dec 19, 2022	Mon	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Dec 28, 2022	Wed	Regular Season (CNY HOLIDAY CLASSIC INVITATIONAL)	@ TBD	11:45 AM		UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 10:45 AM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	NL
Jan 6, 2023	Fri	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	8:30 PM	UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Jan 12, 2023	Thu	Regular Season (Meet @ Utica University)	@ TBD	4:30 PM	4:30 PM	UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Jan 21, 2023	Sat	Regular Season (Meet @ Utica University (Senior March))	@ TBD	10:00 AM		UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 8:30 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 26, 2023	Thu	Regular Season (League Championships @ Utica University)	@ TBD	4:30 PM	4:30 PM	UTICA COLLEGE INDOOR TRACK	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Feb 9, 2023	Thu	Post-Season (Sectionals @ OCC)	@ TBD	4:30 PM	9:00 PM	(OCC) Onondaga Community College	<b>Departure Point:</b> Proctor HS Cafeteria <b>Departure Time:</b> 2:15 PM	NL
Feb 15, 2023	Wed	Post-Season (State Quals @ OCC)	@ TBD	4:30 PM	9:00 PM	(OCC) Onondaga Community College	<b>Departure Point:</b> JFK Gym Doors near Dumpsters <b>Departure Time:</b> 1:30 PM	NL
Mar 4, 2023	Sat	Post-Season (STATES @ STATEN ISLAND)	@ TBD	TBD		TBD	<b>Departure Point:</b> JFK Gym Doors near Dumpsters	NL

Date: 2024-06-02