



Utica Proctor (B) V Winter Track

Coaches:

- Jerry Tine, Head Coach
- Giuseppe Battista, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Nov 18, 2019	Mon	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 18, 2019	Mon	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 19, 2019	Tue	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 19, 2019	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 19, 2019	Tue	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 20, 2019	Wed	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 20, 2019	Wed	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 21, 2019	Thu	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 21, 2019	Thu	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 21, 2019	Thu	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 22, 2019	Fri	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 22, 2019	Fri	Practice (MVCC Field House)	N/A	3:15 PM	5:00 PM	TBD		
Nov 22, 2019	Fri	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 24, 2019	Sun	Practice (MVCC Field House)	N/A	2:00 PM	4:00 PM	TBD		
Nov 25, 2019	Mon	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 25, 2019	Mon	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 25, 2019	Mon	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 26, 2019	Tue	Practice	N/A	3:00 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Nov 26, 2019	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 26, 2019	Tue	Practice	N/A	4:15 PM	5:00 PM	PHS Weight Room		
Nov 29, 2019	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 1, 2019	Sun	Practice (MVCC Field House)	N/A	2:00 PM	4:00 PM	TBD		
Dec 2, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 2, 2019	Mon	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 4, 2019	Wed	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 5, 2019	Thu	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 6, 2019	Fri	Regular Season (Indoor track Invitational)	@ TBD	TBD		TBD	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Dec 8, 2019	Sun	Practice (MVCC Field House)	N/A	2:00 PM	4:00 PM	TBD		
Dec 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 9, 2019	Mon	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 10, 2019	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 11, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 12, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	PHS Aux Gym ROTC (small gym)		
Dec 12, 2019	Thu	Regular Season (Indoor track Invitational)	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Dec 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 16, 2019	Mon	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 17, 2019	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
POSTPONED Dec 17, 2019	Tue	Regular Season (DiMao Meet sponsored by Clinton HS)	@ TBD	TBD		TBD	Departure Point: Proctor HS Cafeteria Departure Time: 2:45 PM Return Date: Return Time: 9:30 PM	L
Dec 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 19, 2019	Thu	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2019	Fri	Regular Season	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Dec 23, 2019	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Weight Room		
Dec 23, 2019	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym)		
Dec 27, 2019	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym)		
Dec 27, 2019	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Weight Room		
Dec 30, 2019	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Weight Room		
Dec 30, 2019	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym)		
Dec 31, 2019	Tue	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Dec 31, 2019	Tue	Practice	N/A	10:00 AM	12:00 PM	PHS Weight Room		
Jan 2, 2020	Thu	Practice	N/A	10:00 AM	12:00 PM	PHS Weight Room		
Jan 2, 2020	Thu	Practice	N/A	10:00 AM	12:00 PM	PHS Aux Gym ROTC (small gym), PHS Indoor Track (Practice Facility), PHS Weight Room		
Jan 3, 2020	Fri	Regular Season (Indoor track Invitational)	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Jan 6, 2020	Mon	Practice	N/A	3:00 PM		PHS Indoor Track (Practice Facility)		
Jan 6, 2020	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD		
Jan 6, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 7, 2020	Tue	Practice	N/A	3:00 PM		PHS Indoor Track (Practice Facility)		
Jan 7, 2020	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 7, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 8, 2020	Wed	Practice	N/A	3:00 PM		PHS Indoor Track (Practice Facility)		
Jan 8, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 9, 2020	Thu	Practice	N/A	3:00 PM		PHS Indoor Track (Practice Facility)		
Jan 9, 2020	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD		
Jan 9, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 10, 2020	Fri	Regular Season	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Jan 13, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 13, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 14, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 14, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 15, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 15, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 16, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 16, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 17, 2020	Fri	Regular Season	@ TBD	TBD		TBD	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Jan 21, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 21, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 22, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 22, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 23, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 23, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 24, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 24, 2020	Fri	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Jan 24, 2020	Fri	Regular Season (UC Elite Invitational)	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 2:45 PM Return Date: Return Time: 9:30 PM	NL
Jan 27, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 27, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 28, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 28, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 29, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 29, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 30, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 30, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Jan 31, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	TBD		
Jan 31, 2020	Fri	Regular Season (TVL League Championship Meet)	@ TBD	TBD		UTICA COLLEGE INDOOR TRACK	Departure Point: Proctor HS Cafeteria Departure Time: 3:00 PM Return Date: Return Time: 9:30 PM	L
Feb 3, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 3, 2020	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 3, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 4, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 4, 2020	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 4, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 5, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 5, 2020	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 5, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 6, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 6, 2020	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 6, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2020	Sat	Post-Season (Sectional Championship)	@ TBD	9:00 AM		(OCC) Onondaga Community College	Departure Point: Proctor HS Cafeteria Departure Time: 7:00 AM	NL
Feb 10, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 10, 2020	Mon	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 10, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 11, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 11, 2020	Tue	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 11, 2020	Tue	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 12, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 12, 2020	Wed	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 12, 2020	Wed	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 13, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 13, 2020	Thu	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 13, 2020	Thu	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 14, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 14, 2020	Fri	Practice	N/A	3:30 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 14, 2020	Fri	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 17, 2020	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room		
Feb 18, 2020	Tue	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room		
Feb 19, 2020	Wed	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room		
Feb 20, 2020	Thu	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room		
Feb 21, 2020	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room		
Feb 22, 2020	Sat	Practice (Practice)	N/A	1:00 PM	3:00 PM	MVCC Field House		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 24, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	PHS Indoor Track (Practice Facility)		
Feb 24, 2020	Mon	Practice	N/A	4:30 PM	5:30 PM	PHS Weight Room		
Feb 25, 2020	Tue	Post-Season (State Qualifier)	@ TBD	4:00 PM		(OCC) Onondaga Community College	Departure Point: Proctor HS Cafeteria Departure Time: 2:00 PM Return Date: Return Time: 9:30 PM	NL
Feb 29, 2020	Sat	Practice (Practice)	N/A	1:00 PM	3:00 PM	MVCC Field House		
Mar 7, 2020	Sat	Post-Season (NYS B & G Track State Championship @ Ocean Breeze Staten Island, NY)	@ TBD	TBD		TBD	Departure Point: Proctor HS Cafeteria	NL
Mar 8, 2020	Sun	Post-Season (NYS B & G Track State Championships Ocean Breeze Staten Island, NY)	@ TBD	TBD		TBD	Departure Point: Proctor HS Cafeteria	NL

Date: 2026-02-25