



# Utica Proctor

## (B) V Winter Track

### Coaches:

- Jerry Tine
- Heather Monroe

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Nov 15, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Nov 16, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Nov 17, 2022	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Nov 18, 2022	Fri	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Nov 18, 2022	Fri	Practice	N/A	4:00 PM	5:00 PM	PHS AUX Gym (Volleyball gym)		
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Nov 22, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Nov 22, 2022	Tue	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Nov 29, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Nov 29, 2022	Tue	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 1, 2022	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 1, 2022	Thu	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
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 5, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 6, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 6, 2022	Tue	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 8, 2022	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 8, 2022	Thu	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 13, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 13, 2022	Tue	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 15, 2022	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 15, 2022	Thu	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 19, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
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 20, 2022	Tue	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 20, 2022	Tue	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 21, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Dec 22, 2022	Thu	Practice	N/A	2:00 PM	5:00 PM	PHS Indoor Track (Practice Facility)		
Dec 22, 2022	Thu	Practice	N/A	TBD	5:00 PM	PHS Aux Gym ROTC (small gym)		
Dec 27, 2022	Tue	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Weight Room, PHS Softball "TURF " Field		
CANCELLED Dec 28, 2022	Wed	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Weight Room, PHS Softball "TURF " Field		
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2022	Fri	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Weight Room, PHS Softball "TURF " Field		
Jan 2, 2023	Mon	Practice	N/A	10:00 AM	12:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 3, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Jan 4, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Jan 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
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 9, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 10, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 11, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
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 13, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 16, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	MVCC Field House		
Jan 18, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
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
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 25, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
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
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 27, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	PHS Aux Gym ROTC (small gym)		
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Jan 31, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 7, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 8, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 9, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
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 10, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 13, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
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
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 20, 2023	Mon	Practice	N/A	9:00 AM	10:30 AM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Feb 21, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym), PHS Weight Room, PHS Softball "TURF " Field		
Feb 22, 2023	Wed	Practice	N/A	9:00 AM	10:30 AM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Feb 23, 2023	Thu	Practice	N/A	9:00 AM	10:30 AM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Feb 24, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room, PHS Aux Gym ROTC (small gym)		
Feb 27, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Feb 28, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Mar 1, 2023	Wed	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Mar 2, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Weight Room		
Mar 4, 2023	Sat	Post-Season (STATES @ STATEN ISLAND)	@ TBD	TBD		TBD	<b>Departure Point:</b> JFK Gym Doors near Dumpsters	NL

Date: 2024-05-20

