



# 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 13, 2023 | Mon      | Practice | N/A       | 2:45 PM    | 5:00 PM  | PHS Indoor Track (Practice Facility)   |                |                     |
| Nov 13, 2023 | Mon      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Softball "TURF " Field   |                |                     |
| Nov 13, 2023 | Mon      | Practice | N/A       | 3:00 PM    | 4:30 PM  | Proctor H S  |                |                     |
| Nov 13, 2023 | Mon      | Practice | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)   |                |                     |
| Nov 14, 2023 | Tue      | Practice | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                |                     |
| Nov 15, 2023 | Wed      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                |                     |
| Nov 16, 2023 | Thu      | Practice | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                |                     |
| Nov 17, 2023 | Fri      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                |                     |
| Nov 20, 2023 | Mon      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                |                     |
| Nov 21, 2023 | Tue      | Practice | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                |                     |
| Nov 22, 2023 | Wed      | Practice | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                |                     |
| Nov 24, 2023 | Fri      | Practice | N/A       | 9:00 AM    | 11:00 AM | PHS Softball Grass Field, PHS Aux Gym ROTC (small gym), PHS Indoor Track (Practice Facility)   |                |                     |
| Nov 27, 2023 | Mon      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                |                     |
| Nov 28, 2023 | Tue      | Practice | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                |                     |
| Nov 29, 2023 | Wed      | Practice | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                |                     |
| Nov 30, 2023 | Thu      | 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 |
|-----------------------|----------|--|-----------|------------|----------|--|---------------------------------|---------------------|
| Dec 1, 2023           | Fri      | Practice   | N/A       | 2:45 PM    | 5:00 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field                               |                                 |                     |
| CANCELLED Dec 1, 2023 | Fri      | Regular Season (@ Utica University)              | @ TBD     | 4:30 PM    |          | UTICA COLLEGE INDOOR TRACK   | <b>Departure Time:</b> 3:15 PM  | L                   |
| Dec 4, 2023           | Mon      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                                 |                     |
| Dec 5, 2023           | Tue      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 6, 2023           | Wed      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                                 |                     |
| Dec 7, 2023           | Thu      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 7, 2023           | Thu      | Regular Season (@ MVCC)                          | @ TBD     | 4:30 PM    |          | MVCC Field House   |                                 | L                   |
| Dec 8, 2023           | Fri      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                                 |                     |
| Dec 11, 2023          | Mon      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 12, 2023          | Tue      | Regular Season (@ Hamilton College)              | @ TBD     | 4:30 PM    |          | TBD  | <b>Departure Time:</b> 3:15 PM  | L                   |
| Dec 13, 2023          | Wed      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 14, 2023          | Thu      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility), PHS Softball "TURF " Field, PHS Aux Gym ROTC (small gym) |                                 |                     |
| Dec 15, 2023          | Fri      | Regular Season (@ Utica University)              | @ TBD     | 4:30 PM    |          | UTICA COLLEGE INDOOR TRACK   | <b>Departure Time:</b> 3:15 PM  | L                   |
| Dec 18, 2023          | Mon      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 19, 2023          | Tue      | Regular Season (@ Colgate University)            | @ TBD     | 4:30 PM    |          | TBD  | <b>Departure Time:</b> 3:15 PM  | L                   |
| Dec 20, 2023          | Wed      | Practice   | N/A       | 3:00 PM    | 5:00 PM  | MVCC Field House   |                                 |                     |
| Dec 26, 2023          | Tue      | Practice   | N/A       | 9:00 AM    | 11:00 AM | PHS Aux Gym ROTC (small gym), PHS Indoor Track (Practice Facility)                             |                                 |                     |
| Dec 27, 2023          | Wed      | Regular Season (Invitational @ Utica University) | @ TBD     | TBD        |          | UTICA COLLEGE INDOOR TRACK   | <b>Departure Time:</b> 10:45 AM | NL                  |
| Dec 29, 2023          | Fri      | Practice   | N/A       | 9:00 AM    | 11:00 AM | PHS Aux Gym ROTC (small gym), PHS Indoor Track (Practice Facility)                             |                                 |                     |

| DATE         | WEEK DAY | TYPE   | OPPONENTS | START TIME | END TIME | LOCATION                             | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--------------------------------------|-----------------------------------|---------------------|
| Jan 2, 2024  | Tue      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 3, 2024  | Wed      | Regular Season (@ Colgate University)            | @ TBD     | 4:30 PM    |          | TBD                                  | <b>Departure Time:</b><br>2:45 PM | L                   |
| Jan 4, 2024  | Thu      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 5, 2024  | Fri      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 8, 2024  | Mon      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 10, 2024 | Wed      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 10, 2024 | Wed      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 10, 2024 | Wed      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)         |                                   |                     |
| Jan 11, 2024 | Thu      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 11, 2024 | Thu      | Regular Season (@ MVCC)                          | @ TBD     | 4:30 PM    |          | MVCC Field House                     |                                   | L                   |
| Jan 12, 2024 | Fri      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 12, 2024 | Fri      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)         |                                   |                     |
| Jan 13, 2024 | Sat      | Regular Season (Invitational @ Utica University) | @ TBD     | TBD        |          | UTICA COLLEGE INDOOR TRACK           | <b>Departure Time:</b><br>8:00 AM | NL                  |
| Jan 16, 2024 | Tue      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 16, 2024 | Tue      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)         |                                   |                     |
| Jan 17, 2024 | Wed      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 18, 2024 | Thu      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 18, 2024 | Thu      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)         |                                   |                     |
| Jan 18, 2024 | Thu      | Regular Season (@ MVCC)                          | @ TBD     | 4:30 PM    |          | MVCC Field House                     |                                   | L                   |
| Jan 19, 2024 | Fri      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 20, 2024 | Sat      | Regular Season (@ OCC)                           | @ TBD     | TBD        |          | OCC                                  | <b>Departure Time:</b><br>6:00 AM | L                   |
| Jan 22, 2024 | Mon      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 22, 2024 | Mon      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)         |                                   |                     |
| Jan 23, 2024 | Tue      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 24, 2024 | Wed      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 24, 2024 | Wed      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 25, 2024 | Thu      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |
| Jan 26, 2024 | Fri      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility) |                                   |                     |
| Jan 26, 2024 | Fri      | Practice   | N/A       | 3:00 PM    | 4:30 PM  | MVCC Field House                     |                                   |                     |

| DATE         | WEEK DAY | TYPE                                 | OPPONENTS | START TIME | END TIME | LOCATION   | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|-----------|------------|----------|--|--------------------------------|---------------------|
| Jan 26, 2024 | Fri      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Jan 29, 2024 | Mon      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Jan 29, 2024 | Mon      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Jan 30, 2024 | Tue      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Jan 31, 2024 | Wed      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Jan 31, 2024 | Wed      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 1, 2024  | Thu      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 2, 2024  | Fri      | Regular Season (@ OCC)               | @ TBD     | TBD        |          | OCC  | <b>Departure Time:</b> 2:00 PM | L                   |
| Feb 5, 2024  | Mon      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 5, 2024  | Mon      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 6, 2024  | Tue      | Post-Season (Sectionals @ OCC)       | @ TBD     | TBD        |          | (OCC) Onondaga Community College                                   | <b>Departure Time:</b> 3:00 PM | NL                  |
| Feb 7, 2024  | Wed      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 7, 2024  | Wed      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 8, 2024  | Thu      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 8, 2024  | Thu      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 9, 2024  | Fri      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 9, 2024  | Fri      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 12, 2024 | Mon      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 12, 2024 | Mon      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 13, 2024 | Tue      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 14, 2024 | Wed      | Post-Season (State Qualifiers @ OCC) | @ TBD     | TBD        |          | (OCC) Onondaga Community College                                   | <b>Departure Time:</b> 3:00 PM | NL                  |
| Feb 15, 2024 | Thu      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 16, 2024 | Fri      | Practice                             | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                |                     |
| Feb 16, 2024 | Fri      | Practice                             | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                |                     |
| Feb 19, 2024 | Mon      | Practice                             | N/A       | 9:00 AM    | 11:00 AM | PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym) |                                |                     |
| Feb 20, 2024 | Tue      | Practice                             | N/A       | 9:00 AM    | 11:00 AM | PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym) |                                |                     |
| Feb 21, 2024 | Wed      | Practice                             | N/A       | 9:00 AM    | 11:00 AM | PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym) |                                |                     |

| DATE         | WEEK DAY | TYPE   | OPPONENTS | START TIME | END TIME | LOCATION   | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--|-----------------------------------|---------------------|
| Feb 22, 2024 | Thu      | Practice   | N/A       | 9:00 AM    | 11:00 AM | PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym) |                                   |                     |
| Feb 23, 2024 | Fri      | Practice   | N/A       | 9:00 AM    | 11:00 AM | PHS Indoor Track (Practice Facility), PHS Aux Gym ROTC (small gym) |                                   |                     |
| Feb 26, 2024 | Mon      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                   |                     |
| Feb 26, 2024 | Mon      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                   |                     |
| Feb 27, 2024 | Tue      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                   |                     |
| Feb 27, 2024 | Tue      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                   |                     |
| Feb 28, 2024 | Wed      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                   |                     |
| Feb 28, 2024 | Wed      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                   |                     |
| Feb 29, 2024 | Thu      | Practice   | N/A       | 2:45 PM    | 4:30 PM  | PHS Indoor Track (Practice Facility)                               |                                   |                     |
| Feb 29, 2024 | Thu      | Practice   | N/A       | 3:30 PM    | 4:30 PM  | PHS Aux Gym ROTC (small gym)                                       |                                   |                     |
| Mar 1, 2024  | Fri      | Post-Season (NYSPHSAA MEET @ Ocean Breeze Staten Island, NY) | @ TBD     | TBD        |          | TBD  | <b>Departure Time:</b><br>9:00 AM | L                   |
| Mar 2, 2024  | Sat      | Post-Season (NYSPHSAA MEET @ Ocean Breeze Staten Island, NY) | @ TBD     | TBD        |          | TBD  |                                   | NL                  |

Date: 2024-05-07