



Pulaski
(G) V Outdoor Track

Coaches:

- Julianna Isgar, Head Coach
- Deana Peter , Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Mar 6, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 6, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 6, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 7, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 7, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 7, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 8, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 8, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 8, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 9, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 9, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 9, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 10, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 10, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 10, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 11, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM	
Mar 11, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S	
Mar 11, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S	
Mar 13, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 13, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 13, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 14, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 14, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Mar 14, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Mar 15, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Mar 15, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 15, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 16, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 16, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 16, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 17, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 17, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 17, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 18, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 18, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Mar 18, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Mar 20, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 20, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 20, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 21, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 21, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 21, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 22, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 22, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 22, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 23, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 23, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 23, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 24, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 24, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 24, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 25, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 25, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Mar 25, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Mar 27, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 27, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 27, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 28, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 28, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 28, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 29, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 29, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 29, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 30, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 30, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 30, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Mar 31, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 31, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Mar 31, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 1, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 1, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 1, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 3, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 3, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 3, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 4, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 4, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 4, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 5, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 5, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 5, 2017	Wed	Regular Season (Non-league)	@ Marcellus	4:30 PM		Marcellus SHS Stadium Field		NL
Apr 5, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 6, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 6, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 6, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 7, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 7, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 7, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 8, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 8, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 8, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 10, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 10, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 10, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 11, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 11, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 11, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 12, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 12, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 12, 2017	Wed	Regular Season	@ Hannibal	4:15 PM		Hannibal H S	Departure Time: 3:00 PM	NL
Apr 12, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 13, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 13, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 13, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 14, 2017	Fri	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 14, 2017	Fri	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 14, 2017	Fri	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 14, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 15, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 15, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 15, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 17, 2017	Mon	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 17, 2017	Mon	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 17, 2017	Mon	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 18, 2017	Tue	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 18, 2017	Tue	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 18, 2017	Tue	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 19, 2017	Wed	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 19, 2017	Wed	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 19, 2017	Wed	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 20, 2017	Thu	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 20, 2017	Thu	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 20, 2017	Thu	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 21, 2017	Fri	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 21, 2017	Fri	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 21, 2017	Fri	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 22, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 22, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S		
Apr 22, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S		
Apr 24, 2017	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 24, 2017	Mon	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 24, 2017	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 25, 2017	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 25, 2017	Tue	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 25, 2017	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 26, 2017	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 26, 2017	Wed	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 26, 2017	Wed	Regular Season	@ Altmar-Parish-Williamstown (APW Rebels)	4:00 PM		A-P-W Elementary School		NL
Apr 26, 2017	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		
Apr 27, 2017	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 27, 2017	Thu	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S		
Apr 27, 2017	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Apr 28, 2017	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM	
Apr 28, 2017	Fri	Practice	N/A	4:00 PM	5:00 PM	Pulaski H S	
Apr 28, 2017	Fri	Regular Season (Indian River Girls Track Invitational)	@ Indian River	5:00 PM		Indian River High School Main Gym	Departure Time: 3:00 PM NL
Apr 28, 2017	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski H S	
Apr 29, 2017	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM	
Apr 29, 2017	Sat	Practice	N/A	9:00 AM	10:00 AM	Pulaski H S	
Apr 29, 2017	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski H S	
May 3, 2017	Wed	Regular Season	Jordan-Elbridge	4:30 PM		Pulaski H S	NL
POSTPONED May 5, 2017	Fri	Regular Season (Oswego County Track @ Central Square Meet)		4:00 PM		Central Square Turf/Stadium	Departure Time: 2:25 PM L
May 8, 2017	Mon	Regular Season	@ Chittenango	4:30 PM		Chittenango HS- Stadium	NL
May 11, 2017	Thu	Regular Season (ESM Girls Track and Field Invitational)	@ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	Departure Time: 3:00 PM NL
May 17, 2017	Wed	Meet (OHSLS Liberty Championships)	Vs. Multiple	4:00 PM		Marcellus HS Track	NL
May 25, 2017	Thu	Regular Season (Class B Sectional)	@ Westhill	4:00 PM		Westhill High School	Departure Time: 2:15 PM L

Date: 2026-01-20