



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	LEAGUE / NON-LEAGUE
Mar 5, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 5, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 5, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 6, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 6, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 6, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 7, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 7, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 7, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 8, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 8, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 8, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 9, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 9, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 9, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 10, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 10, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Mar 10, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Mar 12, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 12, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 12, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 13, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 13, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 13, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 14, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 14, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 14, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 15, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 15, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 15, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 16, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 16, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 16, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 17, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 17, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Mar 17, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Mar 19, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 19, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 19, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 20, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 20, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 20, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 21, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 21, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 21, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 22, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 22, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 22, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 23, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 23, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 23, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 24, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 24, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Mar 24, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Mar 26, 2018	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 26, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 26, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 27, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 27, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 27, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 28, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 28, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 28, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 29, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 29, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 29, 2018	Thu	Scrimmage (Track events and shot put throw only)	Altmar-Parish-Williamstown (APW Rebels)	4:00 PM		A-P-W Elementary School		NL
Mar 29, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 30, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Mar 30, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Mar 30, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Mar 31, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Mar 31, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Mar 31, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 2, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 2, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 2, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 3, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 3, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 3, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 4, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 4, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
POSTPONED Apr 4, 2018	Wed	Scrimmage	Syracuse Academy of Science, Port Byron, Cato-Meridian (Blue Devils) @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 4, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 5, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 5, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 5, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 6, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 6, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 6, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 7, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 7, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 7, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 9, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 9, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 9, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 10, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 10, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 10, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 11, 2018	Wed	Regular Season	Syracuse Academy of Science	4:30 PM	6:30 PM	Pulaski HS Track		L
Apr 11, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 12, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 12, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 12, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 13, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 13, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 13, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 14, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 14, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 14, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 17, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 17, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 17, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 18, 2018	Wed	Regular Season	@ Cato-Meridian (Blue Devils)	4:30 PM		Cato-Meridian Jr. Sr H S Gym		L
Apr 19, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 19, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 19, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 20, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 20, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 20, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
Apr 21, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 21, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 21, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 23, 2018	Mon	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 23, 2018	Mon	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 23, 2018	Mon	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 24, 2018	Tue	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 24, 2018	Tue	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 24, 2018	Tue	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 25, 2018	Wed	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 25, 2018	Wed	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 25, 2018	Wed	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 26, 2018	Thu	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 26, 2018	Thu	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 26, 2018	Thu	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 27, 2018	Fri	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
Apr 27, 2018	Fri	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 27, 2018	Fri	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 27, 2018	Fri	Regular Season (Chittenango Invitational)	Chittenango	2:00 PM		TBD	Departure Time: 12:15 PM	L
Apr 28, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 28, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
Apr 28, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
Apr 30, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
Apr 30, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
Apr 30, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 1, 2018	Tue	Regular Season	Manlius Pebble Hill, Bishop Grimes, Living Word Academy	4:30 PM	6:30 PM	Pulaski HS Track		L
May 2, 2018	Wed	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 2, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 3, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 3, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 3, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 4, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
POSTPONED May 4, 2018	Fri	Regular Season	Altmar-Parish-Williamstown (APW Rebels) @ Oswego	4:00 PM		Oswego Middle School Stadium		L
May 4, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 4, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 5, 2018	Sat	Practice	N/A	8:00 AM	9:00 AM	Pulaski HS GYM		
May 5, 2018	Sat	Practice	N/A	9:00 AM	10:00 AM	Weight Room		
May 5, 2018	Sat	Practice	N/A	10:00 AM	11:00 AM	Pulaski MS/HS Pool		
May 7, 2018	Mon	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 7, 2018	Mon	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 7, 2018	Mon	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 8, 2018	Tue	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 8, 2018	Tue	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 8, 2018	Tue	Regular Season	Utica Academy of Science @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School	Departure Time: 2:45 PM Return Date: Return Time: 8:00 PM	NL
May 8, 2018	Tue	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 9, 2018	Wed	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
May 9, 2018	Wed	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 9, 2018	Wed	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 10, 2018	Thu	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 10, 2018	Thu	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 10, 2018	Thu	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 11, 2018	Fri	Practice	N/A	3:00 PM	4:00 PM	Pulaski HS GYM		
May 11, 2018	Fri	Practice	N/A	4:00 PM	5:00 PM	Weight Room		
May 11, 2018	Fri	Regular Season (Weedsport Girls and Boys Track Invitational)	@ Weedsport	4:30 PM		Pulaski HS Track	Departure Time: 2:30 PM	L
May 11, 2018	Fri	Practice	N/A	5:00 PM	6:00 PM	Pulaski MS/HS Pool		
May 14, 2018	Mon	Regular Season (League Championships)	@ Tully	4:00 PM	6:30 PM	Tully HS Track	Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	L
May 16, 2018	Wed	Regular Season	Port Byron, Syracuse Academy of Science	4:30 PM		Pulaski HS Track		L
May 24, 2018	Thu	Regular Season (C-1 Sectionals Little Falls)	@ Little Falls	3:00 PM		Little Falls HS	Departure Time: 1:00 PM	L
May 31, 2018	Thu	Regular Season (Open Qualifiers)	@ TBD	4:00 PM		CNS HS-Bragman Stadium	Departure Time: 2:30 PM	L
Jun 1, 2018	Fri	Regular Season (NYS Championships)	@ TBD	4:00 PM		CNS HS-Bragman Stadium	Departure Time: 2:30 PM	L

Date: 2026-01-21