



# Owego Apalachin (G) V Cross Country

## Coaches:

- John Heath
- Becky Bowers

| DATE                   | WEEK DAY | TYPE                                          | OPPONENTS | START TIME | END TIME | LOCATION                   | TRANSPORTATION          | LEAGUE / NON-LEAGUE |
|------------------------|----------|-----------------------------------------------|-----------|------------|----------|----------------------------|-------------------------|---------------------|
| Sep 4, 2018            | Tue      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 5, 2018            | Wed      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Fitness Center         |                         |                     |
| Sep 7, 2018            | Fri      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 8, 2018            | Sat      | Regular Season (Windsor Invitational)         | @ TBD     | TBD        |          | Windsor High School        | Departure Time: 7:15 AM | L                   |
| Sep 10, 2018           | Mon      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 11, 2018           | Tue      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 13, 2018           | Thu      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 14, 2018           | Fri      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 15, 2018           | Sat      | Regular Season (Chenango Valley Invitational) | @ TBD     | TBD        |          | TBD                        | Departure Time: 8:00 AM | L                   |
| Sep 17, 2018           | Mon      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| POSTPONED Sep 18, 2018 | Tue      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 20, 2018           | Thu      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 22, 2018           | Sat      | Regular Season (OFA Invitational)             | TBD       | 9:00 AM    |          | Pheasant Hill Country Club |                         | L                   |
| Sep 24, 2018           | Mon      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 25, 2018           | Tue      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 26, 2018           | Wed      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 27, 2018           | Thu      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 28, 2018           | Fri      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Sep 29, 2018           | Sat      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Oct 1, 2018            | Mon      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Oct 3, 2018            | Wed      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Oct 4, 2018            | Thu      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Oct 6, 2018            | Sat      | Regular Season (Stock-Conwicke Invitational)  | @ TBD     | 9:00 AM    |          | TBD                        | Departure Time: 8:00 AM | L                   |
| Oct 8, 2018            | Mon      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |
| Oct 10, 2018           | Wed      | Practice (Practice)                           | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium                |                         |                     |

| DATE         | WEEK DAY | TYPE                                      | OPPONENTS                                                                                                                                                                                              | START TIME | END TIME | LOCATION                              | TRANSPORTATION                  | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|---------------------------------------|---------------------------------|---------------------|
| Oct 11, 2018 | Thu      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 12, 2018 | Fri      | Regular Season (Bob Green Invitational)   | @ TBD                                                                                                                                                                                                  | TBD        |          | Newark Valley High School             | <b>Departure Time:</b> 2:30 PM  | L                   |
| Oct 15, 2018 | Mon      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 16, 2018 | Tue      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 17, 2018 | Wed      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 18, 2018 | Thu      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 19, 2018 | Fri      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 20, 2018 | Sat      | Regular Season (Marathon invitational)    | @ TBD                                                                                                                                                                                                  | 9:00 AM    |          | Appleby E S                           | <b>Departure Time:</b> 8:00 AM  | L                   |
| Oct 22, 2018 | Mon      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 23, 2018 | Tue      | Post-Season (STAC Championship)           | Susquehanna Valley, Windsor, Binghamton, Chenango Valley, Corning-Painted Post, Elmira, Horseheads, Johnson City, Maine-Endwell, Norwich, Oneonta, Seton Catholic Central, Ithaca, Union-Endicott, TBD | 3:30 PM    | 5:30 PM  | Pheasant Hill Country Club            | <b>Departure Time:</b> 1:30 PM  | L                   |
| Oct 24, 2018 | Wed      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 25, 2018 | Thu      | Practice                                  | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | TBD                                   |                                 |                     |
| Oct 25, 2018 | Thu      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 26, 2018 | Fri      | Practice                                  | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | TBD                                   |                                 |                     |
| Oct 26, 2018 | Fri      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 29, 2018 | Mon      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 29, 2018 | Mon      | Practice                                  | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | TBD                                   |                                 |                     |
| Oct 30, 2018 | Tue      | Practice                                  | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | CV State Park                         |                                 |                     |
| Oct 31, 2018 | Wed      | Practice (Practice)                       | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | OFA Stadium                           |                                 |                     |
| Oct 31, 2018 | Wed      | Practice                                  | N/A                                                                                                                                                                                                    | 3:00 PM    | 5:00 PM  | TBD                                   |                                 |                     |
| Nov 1, 2018  | Thu      | Post-Season (Section IV XC Championships) | @ TBD                                                                                                                                                                                                  | TBD        |          | CV State Park                         | <b>Departure Time:</b> 10:00 AM | L                   |
| Nov 10, 2018 | Sat      | Post-Season (XC State Championship)       | @ TBD                                                                                                                                                                                                  | TBD        |          | Sunken Meadow State Park, Long Island |                                 | L                   |

Date: 2026-02-03