



Owego Apalachin (G) V Cross Country

Coaches:

- John Heath
- Becky Bowers

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2022	Thu	Regular Season (Jones Park - Vestal NY)	@ TBD	TBD		TBD		Departure Time: 3:30 PM	NL
Sep 17, 2022	Sat	Regular Season (McDaniel Baxter Invite - C.V. High School)	@ TBD	9:15 AM		TBD		Departure Time: 7:45 AM	NL
Sep 19, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Pheasant Hill Country Club	Bus/Driver: Owego Class Dismissal: 3:15 PM	Departure Point: OFA Athletic Trainer entrance Departure Date: Sep 19, 2022 Departure Time: 3:30 PM Return Date: Sep 19, 2022 Return Time: 6:00 PM	
Sep 24, 2022	Sat	Regular Season (Owego Invite)	Sidney	9:00 AM		Owego Free Academy			NL
Sep 24, 2022	Sat	Regular Season	Notre Dame, Elmira	9:00 AM		TBD			L
Sep 24, 2022	Sat	Regular Season (Owego Invite-Owego Free Academy)	Deposit (Deposit-Hancock)	9:00 AM		TBD			NL
Sep 24, 2022	Sat	Regular Season (Owego Invite)	Corning-Painted Post	9:00 AM	1:15 PM	Owego Free Academy			L
Sep 24, 2022	Sat	Regular Season (Owego Invite)	Elmira	TBD		Owego Free Academy			L
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	TBD	Bus/Driver: Owego Class Dismissal: 3:15 PM	Departure Point: OFA Athletic Trainer entrance Departure Date: Sep 26, 2022 Departure Time: 3:30 PM Return Date: Sep 26, 2022 Return Time: 6:00 PM	
Sep 30, 2022	Fri	Regular Season (Pete Matzke Invite - Maine Memorial)	@ TBD	TBD		TBD		Departure Time: 2:30 PM	NL
Oct 11, 2022	Tue	Regular Season (Divisional Meet)	TBD, Chenango Valley, Seton Catholic Central	4:30 PM		Owego Free Academy			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2022	Sat	Regular Season (Marathon Invitational - Applebee Elementary)	@ TBD	TBD		TBD	Departure Time: 8:15 AM		NL
Oct 22, 2022	Sat	Regular Season (STAC)	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor	11:00 AM	2:00 PM	Owego Free Academy			L
Nov 3, 2022	Thu	Post-Season (Section 4 Tournament)	@ TBD	10:00 AM		CV State Park	Departure Time: 8:30 AM		NL

Date: 2024-05-19