



# 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
Aug 31, 2023	Thu	Practice	N/A	8:30 AM	10:30 AM	OFA Stadium		
Sep 1, 2023	Fri	Practice	N/A	8:30 AM	10:30 AM	OFA Stadium		
Sep 5, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 6, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 7, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 8, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 9, 2023	Sat	Regular Season (Bob Goodell Invite - Red Jacket HS (Shortsville, NY))	@ TBD	9:00 AM	TBD		Departure Time: 6:45 AM	NL
Sep 11, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 12, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 13, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 14, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 15, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 16, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	OFA Stadium		
Sep 18, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 19, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 20, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 21, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 22, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 23, 2023	Sat	Regular Season (Owego Invite)	Elmira	12:00 AM		Owego Free Academy		L
Sep 23, 2023	Sat	Regular Season	Horseheads	8:00 AM		Owego Free Academy		L
CANCELLED Sep 23, 2023	Sat	Regular Season (Owego Invitational)	Notre Dame, Elmira	9:00 AM		Owego Free Academy		L
Sep 23, 2023	Sat	Regular Season (Owego invitational)	Windsor	9:00 AM		Owego Free Academy		L
Sep 23, 2023	Sat	Regular Season (Owego Invite)	Sidney	9:00 AM		OFA Stadium		NL
Sep 23, 2023	Sat	Regular Season	Spencer-Van Etten (S-VE Panthers)	TBD		Owego Free Academy		L

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Sep 25, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 26, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 27, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 28, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 29, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Sep 30, 2023	Sat	Regular Season (Paul Short Invitational - Lehigh University, PA)	@ TBD	TBD	TBD		<b>Departure Time:</b> 6:30 AM	NL
Oct 2, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 3, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 4, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 5, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 6, 2023	Fri	Regular Season (Bob Greene Invitational - N.V.-HS)	@ TBD	4:00 PM	TBD		<b>Departure Time:</b> 2:45 PM	NL
Oct 9, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 10, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 11, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 12, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 13, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 14, 2023	Sat	Regular Season (Marathon Invite - Applebee Elementary)	@ TBD	TBD	TBD		<b>Departure Time:</b> 7:15 PM	NL
Oct 16, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 17, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 18, 2023	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 19, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 20, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 21, 2023	Sat	Regular Season (STAC Championships - Anne McGuiness)	@ TBD	TBD	TBD		<b>Departure Time:</b> 8:00 AM	NL
Oct 23, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 24, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 24, 2023	Tue	Regular Season (Owego Last Chance Invite)	Ithaca	5:00 PM		Owego Free Academy		NL
Oct 24, 2023	Tue	Regular Season (Owego Crossover)	TBD	TBD		Owego Free Academy		NL

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Oct 26, 2023	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 27, 2023	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 30, 2023	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Oct 31, 2023	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Stadium		
Nov 2, 2023	Thu	Regular Season (Sectional Championships - C.V. State Park)	@ TBD	TBD		CV State Park	<b>Departure Time:</b> 10:00 AM	L
Nov 11, 2023	Sat	Regular Season (NYS Championship Meet - Vernon Verona Sherill H.S.)	@ TBD	TBD		TBD		L

Date: 2026-02-18