



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 1, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Aug 28, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	OFA Stadium		
Aug 29, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	OFA Stadium		
Aug 30, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	OFA Stadium		
Aug 30, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	OFA Stadium		
Sep 1, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 2, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 2, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 3, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 3, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 4, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 4, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 5, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 5, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 6, 2025	Sat	Regular Season (Flash Forbes Invite - Oneonta)	@ TBD	10:00 AM		TBD	Departure Time: 7:30 AM	NL
Sep 8, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 8, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 9, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 9, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 10, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 10, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 11, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 11, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 12, 2025	Fri	Regular Season (Spiked Shoe Invite - Penn State University)	@ TBD	11:30 AM		TBD	Departure Time: 6:30 AM	NL
Sep 15, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 15, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 16, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 17, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 17, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 18, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 18, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 19, 2025	Fri	Regular Season (Owego Invite)	Morris (Morris/Edmeston)	6:00 PM		Owego Free Academy		L
Sep 19, 2025	Fri	Regular Season (Owego Dash in the Dark (4K/2K))	TBD	6:00 PM	8:00 PM	Owego Free Academy		L
Sep 19, 2025	Fri	Regular Season (Owego Night Run)	Sidney	6:30 PM		OFA Stadium		NL
Sep 19, 2025	Fri	Regular Season (Owego Night Invite)	TBD	TBD		Owego Free Academy		NL
Sep 22, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 22, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 23, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 23, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 24, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 24, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 25, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 25, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 26, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 26, 2025	Fri	Regular Season (Pete Matzke Invitational - Maine Memorial Elementary)	@ TBD	4:00 PM		TBD	Departure Time: 2:30 PM	NL
Sep 29, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 29, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 30, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Sep 30, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 1, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 1, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 2, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 3, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 3, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 4, 2025	Sat	Practice	N/A	8:00 AM	11:30 AM	OFA Stadium		
Oct 4, 2025	Sat	Practice	N/A	8:00 AM	11:30 AM	TBD	Departure Date: Oct 4, 2025	
Oct 4, 2025	Sat	Regular Season (Ithaca Black Diamond - Trail Practice (Cass Park))	@ TBD	TBD		TBD	Departure Time: 8:00 AM	NL
Oct 6, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 6, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 7, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 7, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 8, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 8, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 9, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 9, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 10, 2025	Fri	Regular Season (Bob Greene Invitational - N.V.-HS)	@ TBD	4:00 PM		TBD	Departure Time: 2:30 PM	NL
Oct 13, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 13, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 14, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 14, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 15, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 15, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 16, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 16, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 17, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 17, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 18, 2025	Sat	Regular Season (Marathon Invitational - Applebee Elementary)	@ TBD	10:30 AM		TBD	Departure Time: 8:00 AM	NL
Oct 20, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 20, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 21, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 22, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 22, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 23, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 23, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 24, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 24, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 25, 2025	Sat	Regular Season (STAC - Ann McGuinness)	@ TBD	10:30 AM		TBD	Departure Time: 8:30 AM	NL
Oct 27, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 27, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 28, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 28, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 28, 2025	Tue	Regular Season (Last Chance Meet)	TBD	4:30 PM		Owego Free Academy		L
Oct 29, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 29, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 30, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 30, 2025	Thu	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 31, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Oct 31, 2025	Fri	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 3, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 3, 2025	Mon	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 4, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 4, 2025	Tue	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 4, 2025	Tue	Regular Season (Sectional Course Preview - CV State Park)	@ TBD	TBD		TBD	Departure Time: 2:30 PM	L
Nov 5, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 5, 2025	Wed	Practice	N/A	3:40 PM	5:45 PM	OFA Stadium		
Nov 6, 2025	Thu	Regular Season (Sectionals - CV State Park)	@ TBD	TBD		TBD	Departure Time: 10:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 15, 2025	Sat	Regular Season (States - Queensbury NY)	@ TBD	TBD		TBD	Departure Date: Nov 14, 2025 Departure Time: 9:15 AM	NL

Date: 2025-12-17