



Owego Apalachin (B) V Cross Country

Coaches:

- John Heath
- Becky Bowers

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 13, 2018	Mon	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 14, 2018	Tue	Practice (Practice)	N/A	10:00 AM	12:00 PM	OFA Stadium		
Aug 15, 2018	Wed	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 16, 2018	Thu	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 17, 2018	Fri	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 20, 2018	Mon	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 21, 2018	Tue	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 22, 2018	Wed	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 23, 2018	Thu	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
Aug 24, 2018	Fri	Practice (Practice)	N/A	7:00 AM	9:00 AM	OFA Stadium		
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 6, 2018	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Pheasant Hill Country Club		
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 12, 2018	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Pheasant Hill Country Club		
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 19, 2018	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Pheasant Hill Country Club		
Sep 20, 2018	Thu	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
Sep 21, 2018	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Pheasant Hill Country Club		
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 5, 2018	Fri	Regular Season (St. Anthony's Invitational)	@ TBD	TBD		Sunken Meadow State Park, Long Island		L
Oct 5, 2018	Fri	Regular Season (St. Anthony's Invitational)	@ TBD	TBD		Sunken Meadow State Park, Long Island		L
Oct 6, 2018	Sat	Regular Season (Stock-Conwicke Invitational)	@ TBD	9:00 AM		Arnold Park	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		
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	Departure Time: 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	Departure Time: 8:00 AM	L
Oct 22, 2018	Mon	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 23, 2018	Tue	Post-Season (STAC Championship)	Binghamton, Chenango Forks, Chenango Valley, Corning-Painted Post, Elmira, Horseheads, Johnson City, Maine-Endwell, Norwich, Oneonta, Seton Catholic Central, Susquehanna Valley, Union-Endicott, Vestal, Windsor, Ithaca	3:30 PM		Pheasant Hill Country Club	Departure Time: 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 (Practice)	N/A	3:00 PM	5:00 PM	OFA Stadium		
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 31, 2018	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	OFA Stadium		
Nov 1, 2018	Thu	Post-Season (Section IV XC Championships)	@ TBD		TBD	CV State Park	Departure Time: 10:00 AM	L
Nov 10, 2018	Sat	Post-Season (XC State Championship)	@ TBD		TBD	Sunken Meadow State Park, Long Island		L

Date: 2026-04-09