



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 19, 2019	Mon	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 20, 2019	Tue	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 21, 2019	Wed	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 22, 2019	Thu	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 23, 2019	Fri	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 26, 2019	Mon	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 27, 2019	Tue	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 28, 2019	Wed	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 29, 2019	Thu	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Aug 30, 2019	Fri	Practice	N/A	7:00 AM	9:30 AM	OFA Stadium		
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 7, 2019	Sat	Regular Season (Oneonta Invitational)	@ TBD	9:00 AM		Oneonta High School	Departure Time: 7:15 AM	L
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 14, 2019	Sat	Regular Season (OFA Invitational)	TBD	9:00 AM	12:00 PM	Owego Free Academy		L
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 20, 2019	Fri	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, 2019	Sat	Regular Season (Chenango Valley Invitational)	@ TBD	9:00 AM	12:00 PM	TBD	Departure Time: 7:30 AM	L
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 25, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 27, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Sep 27, 2019	Fri	Regular Season (Pete Matzke Invitational at M-E)	@ TBD	5:00 PM	8:00 PM	Maine Memorial ES	Departure Time: 2:15 PM	L
Sep 28, 2019	Sat	Practice	N/A	10:00 AM	11:30 AM	TBD		
Sep 30, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 1, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 4, 2019	Fri	Regular Season (Conwicke/Stock Invitational at U-E)	@ TBD	5:00 PM	8:00 PM	Ann G McGuinness Elementary Cross Country Course	Departure Time: 2:45 PM	L
CANCELLED Oct 7, 2019	Mon	Regular Season (Divisional Meet at U-E)	@ TBD	4:15 PM		Ann G McGuinness Elementary Cross Country Course	Departure Time: 2:45 PM	L
Oct 8, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 10, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 11, 2019	Fri	Regular Season (Newark Valley Invitational)	@ TBD	5:00 PM	8:00 PM	Newark Valley High School	Departure Time: 2:45 PM	L
Oct 14, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 18, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 19, 2019	Sat	Regular Season (Marathon Invitational)	@ TBD	9:00 AM	12:00 PM	Appleby E S	Departure Time: 7:30 AM	L
Oct 21, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 22, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 23, 2019	Wed	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 24, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 25, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 26, 2019	Sat	Post-Season (STAC Championship)	@ TBD	9:00 AM		Ann G McGuinness Elementary Cross Country Course	Departure Time: 8:00 AM	L
Oct 28, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 30, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Oct 31, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Nov 1, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 2, 2019	Sat	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Nov 4, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 5, 2019	Tue	Practice	N/A	3:00 PM		CV State Park	Departure Time: 2:00 PM	
Nov 6, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 7, 2019	Thu	Post-Season (NY State Qualifier)	@ TBD	1:00 PM		CV State Park	Departure Time: 10:00 AM	L
Nov 11, 2019	Mon	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 11, 2019	Mon	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 12, 2019	Tue	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 12, 2019	Tue	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 13, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 13, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 14, 2019	Thu	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 14, 2019	Thu	Practice	N/A	3:00 PM	4:30 PM	OFA Stadium		
Nov 16, 2019	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	9:00 AM		University of Plattsburgh		L

Date: 2026-04-11