



Owego Apalachin

(B) 7/8TH Cross Country

Coaches:

- Sheridan Talada

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 25, 2025	Mon	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Aug 26, 2025	Tue	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Aug 27, 2025	Wed	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Aug 28, 2025	Thu	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Aug 29, 2025	Fri	Practice	N/A	8:00 AM	9:30 AM	OFA Stadium		
Sep 2, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 3, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 4, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 5, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 8, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 9, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 10, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 11, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 12, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 13, 2025	Sat	Regular Season (Conwicke-Stock Invitational - Arnold Park)	@ TBD	10:00 AM		TBD	Departure Time: 8:30 AM	NL
Sep 15, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 16, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 17, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 18, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 19, 2025	Fri	Regular Season (Owego Night Run)	Sidney	6:30 PM		OFA Stadium		NL
Sep 22, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 23, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 24, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 25, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 29, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Sep 30, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 2, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 3, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 6, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 7, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 8, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 9, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 10, 2025	Fri	Regular Season (Newark Valley XC Meet)	@ TBD	3:45 PM		TBD	Departure Time: 2:15 PM	NL
Oct 14, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 15, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 16, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 17, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 18, 2025	Sat	Regular Season (Marathon Invitational - Applebee Elementary)	@ TBD	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Oct 20, 2025	Mon	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 21, 2025	Tue	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 22, 2025	Wed	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 23, 2025	Thu	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 24, 2025	Fri	Practice	N/A	3:45 PM	5:15 PM	OFA Stadium		
Oct 25, 2025	Sat	Regular Season (STAC - Ann McGuinness)	@ TBD	11:00 AM		TBD	Departure Time: 10:30 AM	NL
Oct 28, 2025	Tue	Regular Season (Last Chance Meet)	TBD	4:30 PM		OFA Stadium		L
Nov 1, 2025	Sat	Regular Season (Battle of Hynes Invite - Ann McGuinness)	@ TBD	9:00 AM		TBD	Departure Time: 7:30 AM	NL

Date: 2025-12-06