



# Owego Apalachin (B) V Outdoor Track

## Coaches:

- Scott Senko

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION                  | TRANSPORTATION          | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|---------------------------|-------------------------|---------------------|
| Mar 13, 2023 | Mon      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 14, 2023 | Tue      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 15, 2023 | Wed      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 16, 2023 | Thu      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 17, 2023 | Fri      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 20, 2023 | Mon      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 21, 2023 | Tue      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 22, 2023 | Wed      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 23, 2023 | Thu      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 24, 2023 | Fri      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 27, 2023 | Mon      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 28, 2023 | Tue      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 29, 2023 | Wed      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 30, 2023 | Thu      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Mar 31, 2023 | Fri      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 1, 2023  | Sat      | Regular Season (NY/PA Invitational - Windsor High School) | @ TBD  | 10:00 AM   |          | TBD                       | Departure Time: 8:30 AM | NL                  |
| Apr 3, 2023  | Mon      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 4, 2023  | Tue      | Regular Season  | @ Windsor  | 5:00 PM    |          | Windsor High School Track | Departure Time: 3:30 PM | L                   |
| Apr 5, 2023  | Wed      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 6, 2023  | Thu      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 17, 2023 | Mon      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 18, 2023 | Tue      | Regular Season  | Seton Catholic Central @ Elmira (Elmira Express) | 5:00 PM    |          | EHS Stadium               | Departure Time: 3:30 PM | L                   |
| Apr 19, 2023 | Wed      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |
| Apr 20, 2023 | Thu      | Practice (Track Practice)                                 | N/A  | 3:45 PM    | 5:45 PM  | OFA Stadium               |                         |                     |

| DATE         | WEEK DAY | TYPE  | OPPONENTS                             | START TIME | END TIME | LOCATION                   | TRANSPORTATION           | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---------------------------------------|------------|----------|----------------------------|--------------------------|---------------------|
| Apr 21, 2023 | Fri      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| Apr 24, 2023 | Mon      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| Apr 25, 2023 | Tue      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| Apr 26, 2023 | Wed      | Regular Season  | Chenango Forks                        | 5:00 PM    |          | OFA Stadium                |                          | L                   |
| Apr 27, 2023 | Thu      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| Apr 28, 2023 | Fri      | Regular Season (Gerry O'Donnell Invitational - Windsor High School) | @ TBD                                 | 5:00 PM    |          | TBD                        | Departure Time: 3:30 PM  | NL                  |
| May 1, 2023  | Mon      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 2, 2023  | Tue      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 3, 2023  | Wed      | Regular Season  | Maine-Endwell, Seton Catholic Central | 5:00 PM    |          | OFA Stadium                |                          | L                   |
| May 4, 2023  | Thu      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 5, 2023  | Fri      | Regular Season (Golden Bear Invitational - (Vestal High School))    | @ TBD                                 | 5:00 PM    |          | TBD                        | Departure Time: 3:45 PM  | NL                  |
| May 8, 2023  | Mon      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 9, 2023  | Tue      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 10, 2023 | Wed      | Regular Season  | Chenango Valley                       | 5:30 PM    |          | OFA Stadium                |                          | L                   |
| May 11, 2023 | Thu      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 12, 2023 | Fri      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 13, 2023 | Sat      | Regular Season (Parkhurst Invitational - U.E. High School)          | @ TBD                                 | 12:00 PM   |          | Union-Endicott High School | Departure Time: 10:30 AM | NL                  |
| May 15, 2023 | Mon      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 16, 2023 | Tue      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 17, 2023 | Wed      | Regular Season (STAC Championships-Vestal)                          | @ TBD                                 | 5:00 PM    |          | TBD                        | Departure Time: 3:30 PM  | L                   |
| May 18, 2023 | Thu      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 19, 2023 | Fri      | Practice (Track Practice)   | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 22, 2023 | Mon      | Practice  | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 23, 2023 | Tue      | Practice  | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |
| May 23, 2023 | Tue      | Regular Season (Class A/B Championships-Vestal)                     | @ TBD                                 | 5:00 PM    |          | TBD                        | Departure Time: 3:30 PM  | L                   |
| May 24, 2023 | Wed      | Practice  | N/A                                   | 3:45 PM    | 5:45 PM  | OFA Stadium                |                          |                     |

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|----------|--------------------------------|---------------------|
| May 31, 2023 | Wed      | Regular Season (State Qualifier - UE HS) | @ TBD     | 5:00 PM    |          | TBD      | <b>Departure Time:</b> 3:30 PM | L                   |
| Jun 1, 2023  | Thu      | Regular Season (State Qualifier - UE HS) | @ TBD     | 5:00 PM    |          | TBD      | <b>Departure Time:</b> 3:30 PM | L                   |

Date: 2025-12-17