



# Owego Apalachin (G) 7/8TH Outdoor Track

## Coaches:

- Nancy Flynn
- MaryAnn VanHouten

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 25, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Mar 26, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Mar 27, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Mar 28, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Mar 29, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 1, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 2, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 3, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 4, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 5, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 8, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 9, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 10, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 11, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 12, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 22, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 23, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 24, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 26, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
Apr 29, 2019	Mon	Regular Season	Windsor, Maine-Endwell, Seton Catholic Central @ Norwich	4:30 PM		NHS Hallways	<b>Departure Time:</b> 2:30 PM	L
Apr 30, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 1, 2019	Wed	Regular Season	Binghamton, Seton Catholic Central @ Oneonta	4:15 PM		Oneonta High School	<b>Departure Time:</b> 2:00 PM	L
May 3, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 6, 2019	Mon	Regular Season	Horseheads @ Chenango Valley	5:00 PM		TBD	<b>Departure Time:</b> 3:30 PM	L
May 7, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		

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May 8, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 9, 2019	Thu	Regular Season	Norwich, Windsor @ Johnson City	5:00 PM		JC Wildcat Stadium	<b>Departure Time:</b> 3:30 PM	L
May 10, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 14, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 15, 2019	Wed	Regular Season	Susquehanna Valley @ Maine-Endwell	4:30 PM		Maine-Endwell HS Turf	<b>Departure Time:</b> 2:45 PM	L
May 16, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	OFA Stadium		
May 17, 2019	Fri	Regular Season	Corning-Painted Post @ Elmira (Elmira Express)	4:30 PM		EDA Track	<b>Departure Time:</b> 2:30 PM	L
May 20, 2019	Mon	Regular Season (Divisional Meet at CV)	(Divisional Meet at @ TBD CV)		4:15 PM	TBD	<b>Departure Time:</b> 2:45 PM	L

Date: 2026-01-13