



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 27, 2023	Mon	Practice	N/A	3:45 PM	5:15 PM	TBD		
Mar 28, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
Mar 29, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
Mar 30, 2023	Thu	Practice	N/A	3:45 PM	5:15 PM	TBD		
Mar 31, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 3, 2023	Mon	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 4, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 5, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 6, 2023	Thu	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 17, 2023	Mon	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 18, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 19, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 21, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 25, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 26, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
Apr 28, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 1, 2023	Mon	Regular Season	Corning-Painted Post @ Elmira (Elmira Express)	5:00 PM		EDA Track		L
May 2, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 3, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 4, 2023	Thu	Regular Season	Susquehanna Valley @ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf		L
May 5, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 8, 2023	Mon	Regular Season	Norwich @ Chenango Valley	4:15 PM	6:15 PM	CV - HS Warrior Stadium		L
May 9, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 10, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 11, 2023	Thu	Practice	N/A	3:45 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 12, 2023	Fri	Regular Season	Johnson City, Windsor, Norwich	5:30 PM		OFA Stadium		L
May 15, 2023	Mon	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 16, 2023	Tue	Regular Season	Windsor, Maine-Endwell @ Norwich	5:00 PM	8:00 PM	NHS Stadium (Turf Field)		L
May 17, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 18, 2023	Thu	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 19, 2023	Fri	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 22, 2023	Mon	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 22, 2023	Mon	Regular Season	Oneonta @ Binghamton	5:30 PM		Alumni Stadium		L
May 23, 2023	Tue	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 24, 2023	Wed	Practice	N/A	3:45 PM	5:15 PM	TBD		
May 24, 2023	Wed	Regular Season	Chenango Valley @ Horseheads	5:30 PM		HHS HS Stadium Field 1		L
May 25, 2023	Thu	Practice	N/A	3:45 PM	5:15 PM	TBD		
Jun 5, 2023	Mon	Regular Season (STAC end of season meet)	@ Union-Endicott	5:00 PM	7:00 PM	TBD	Departure Time: 3:30 PM	L

Date: 2026-01-09