



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 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: 2024-06-02