



Owego Apalachin (G) 7/8TH Outdoor Track

Coaches:

- Nancy Flynn
- MaryAnn VanHouten

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Mar 25, 2024	Mon	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Mar 26, 2024	Tue	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Mar 28, 2024	Thu	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 9, 2024	Tue	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 10, 2024	Wed	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 11, 2024	Thu	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 12, 2024	Fri	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 15, 2024	Mon	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 16, 2024	Tue	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 17, 2024	Wed	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 18, 2024	Thu	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 19, 2024	Fri	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 22, 2024	Mon	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 23, 2024	Tue	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 24, 2024	Wed	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 25, 2024	Thu	Regular Season	Chenango Valley @ Vestal	5:00 PM		Vestal Dick Hoover Stadium	L
Apr 26, 2024	Fri	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	
Apr 29, 2024	Mon	Regular Season	TBD, Binghamton, Seton Catholic Central	5:00 PM	7:00 PM	OFA Stadium	L
Apr 30, 2024	Tue	Practice (Modified Track N/A Practice)		3:45 PM	5:00 PM	TBD	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2024	Wed	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 2, 2024	Thu	Regular Season	Elmira (Elmira Express) @ Ithaca	5:00 PM	7:30 PM	IHS Moresco Stadium		L
CANCELLED May 3, 2024	Fri	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 6, 2024	Mon	Regular Season	Corning-Painted Post @ Johnson City	5:00 PM	8:00 PM	JC Wildcat Stadium		L
May 7, 2024	Tue	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 8, 2024	Wed	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 10, 2024	Fri	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 13, 2024	Mon	Regular Season	Johnson City @ Oneonta	5:30 PM		Oneonta High School		L
May 14, 2024	Tue	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 15, 2024	Wed	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 16, 2024	Thu	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 16, 2024	Thu	Regular Season	Ithaca @ Waverly	5:00 PM		Waverly Track Facility		L
May 17, 2024	Fri	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 20, 2024	Mon	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 21, 2024	Tue	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 22, 2024	Wed	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
CANCELLED May 22, 2024	Wed	Regular Season	Binghamton @ Horseheads	5:30 PM	7:00 PM	HHS HS Old Stadium		L
May 23, 2024	Thu	Practice (Modified Track Practice)	N/A	3:45 PM	5:00 PM	TBD		
May 28, 2024	Tue	Regular Season	Vestal, Union-Endicott, Binghamton, Ithaca, Elmira (Elmira Express), Corning-Painted Post, Horseheads, Maine-Endwell, Waverly, Oneonta, Windsor, Norwich, Seton Catholic Central, TBD, Chenango Valley, Susquehanna Valley @ Johnson City	5:00 PM	8:00 PM	JC Wildcat Stadium		L

Date: 2026-01-07