

## Owego Apalachin (G) V Swimming/Diving

• Luci Taylor

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 19, 2019	Mon	Practice (Swim practice )	N/A	7:00 AM		TBD		
Aug 20, 2019	Tue	Practice (Swim practice )	N/A	7:00 AM		TBD		
Aug 21, 2019	Wed	Practice (Swim practice )	N/A	7:00 AM		TBD		
Aug 21, 2019	Wed	Practice	N/A	9:00 AM	10:00 AM	TBD		
Aug 22, 2019	Thu	Practice (Swim practice )	N/A	7:00 AM		TBD		
Aug 23, 2019	Fri	Practice (Swim practice )	N/A	7:00 AM		TBD		
Aug 24, 2019	Sat	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 26, 2019	Mon	Practice (Swim practice )	N/A	7:00 AM	9:00 AM	TBD		
Aug 27, 2019	Tue	Practice	N/A	4:15 PM	6:15 PM	TBD		
Aug 28, 2019	Wed	Practice	N/A	4:15 PM	6:15 PM	TBD		
Aug 29, 2019	Thu	Practice (Swim Practice, followed by strength and conditioning )	N/A	7:00 AM	10:00 AM	TBD		
Aug 30, 2019	Fri	Practice (Swim Practice)	N/A	7:00 AM	9:00 AM	TBD		
Sep 3, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD		
Sep 4, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD		
Sep 5, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD		
Sep 6, 2019	Fri	Regular Season 95-70 W	@ Johnson City	5:30 PM	7:30 PM	JC HS Pool	Departure Time: 3:45 PM	L
Sep 7, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 9, 2019	Mon	Practice (Strength and conditioning)	N/A	6:00 AM	7:05 AM	TBD		
Sep 9, 2019	Mon	Practice (Swim practice )	N/A	3:30 PM	5:30 PM	TBD		
Sep 10, 2019	Tue	Practice (Swim practice )	N/A	3:30 PM	5:30 PM	TBD		
Sep 11, 2019	Wed	Practice (Strength and conditioning)	N/A	6:00 AM	7:05 AM	TBD		
Sep 11, 2019	Wed	Regular Season 97-74 W	Union-Endicott	4:30 PM	7:30 PM	OFA Pool		L
Sep 12, 2019	Thu	Practice (Swim practice )	N/A	3:30 PM	5:30 PM	TBD		
Sep 13, 2019	Fri	Practice (Strength and conditioning)	N/A	6:00 AM	7:05 AM	TBD		
Sep 13, 2019	Fri	Practice (Swim practice )	N/A	3:30 PM	5:30 PM	TBD		

Sep 14, 2019SatPracticeN/A8.0010.00TBDSep 20, 2019FriRogular Season 72,107 L@ Vestal530730SerbalDapature Time: SasebalLSep 20, 2019FriRogular Season and Conditioning and ConditioningN/A400730OFA PoolLLSep 30, 2019MoPractice (String in Practice (String in Practice (String in Practice (String in Practice (String in and Conditioning)N/A330 M530TBDLLLSop 30, 2019WePractice (String in Practice (	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sap 20, 2019 Fri Regular Season 7-107 L @ Vestal Sign Pin 7.30 Pin Beaseball Beied Pind Departure Time: 30 PM L   Sep 27, 2019 Fri Regular Season 9-107 L Maine-Endwell 9.30 Pin 7.30 Pin GFA Pool L L   Sep 30, 2019 Mon Practice (Strength Practice (Strength	Sep 14, 2019	Sat	Practice	N/A			TBD		
Sup 2, 2019   PH $79, 107 L$ Mathe Endowin   PM   PM   PM   PM   PM   PM   DVA POO   L     Sep 30, 2019   Mo   Practice (Siveright and Conditioning)   N/A   330   5.30   TBD	Sep 20, 2019	Fri		@ Vestal			School Baseball		L
Sep 30, 2019   Min   and Conditioning 1   N/A   AM   PM	Sep 27, 2019	Fri		Maine-Endwell			OFA Pool		L
Sep 30, 2019   Not   PM   PM   PM   TBD     Oct 1, 2019   Tue   Practice (Swim Practice)   N/A   PM   PM   TBD	Sep 30, 2019	Mon		N/A			TBD		
Och 1, 2019I/DePractice (Strength and Conditioning)N/APM AMPM AMPM AMPBDOct 2, 2019WedPractice (Strength and Conditioning)N/A $AM$ $AM$ TBDOct 3, 2019ThuRegular Season 69-117 LIthaca $430$ AM $7.00$ PMOFA PoolLLOct 4, 2019FriPractice (Strength and Conditioning)N/A $600$ AM $7.00$ AMTBDLOct 4, 2019FriPractice (Strength and Conditioning)N/A $600$ AM $7.00$ AMTBDLOct 5, 2019SatPractice (Strength and Conditioning)N/A $600$ AM $7.00$ AMTBDOct 7, 2019MonPractice (Swim Practice (SwimN/A $600$ PM $7.00$ AMTBDOct 8, 2019TuePractice (Swim Practice (SwimN/A $330$ PM $5.30$ PMTBDOct 9, 2019WedPractice (Swim Practice (SwimN/A $330$ PM $5.30$ PMTBDOct 10, 2019TuRegular Season Practice (SwimN/A $330$ PM $5.30$ PMTBDOct 11, 2019FriPractice (Swim Practice (SwimN/A $330$ PM $5.30$ PMTBDOct 12, 2019Sat Practice (SwimPractice (Swim Practice (SwimN/A $600$ P	Sep 30, 2019	Mon		N/A			TBD		
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Nov 4, 2019   Mon   Practice )   N/A   PM   PM   PM     Nov 5, 2019   Tue   Practice (Swim   N/A   1:00   3:00   TBD	Nov 1, 2019	Fri		N/A			TBD		
	Nov 4, 2019	Mon		N/A			TBD		
	Nov 5, 2019	Tue		N/A			TBD		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 6, 2019	Wed	Post-Season (Section IV, Class B Prelims)	TBD	4:30 PM		OFA Pool		L
Nov 8, 2019	Fri	Post-Season (Section IV Class B Diving )	@ TBD	10:30 AM		Maine- Endwell HS Pool	Departure Time: 8:00 AM	L
Nov 9, 2019	Sat	Regular Season (Class B - Section IV Championships ( Warm ups 1 PM) )	Chenango Valley (Chenango Valley), Maine-Endwell, Norwich, Oneonta, Waverly, Windsor, Chenango Forks, Johnson City @ Watkins Glen (Storm)	2:00 PM	5:00 PM	W G Pool	<b>Departure Time:</b> 11:30 AM	NL
Nov 11, 2019	Mon	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 12, 2019	Tue	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 13, 2019	Wed	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 14, 2019	Thu	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 15, 2019	Fri	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 16, 2019	Sat	Practice (Swim Practice )	N/A	8:00 AM	10:00 AM	TBD		
Nov 18, 2019	Mon	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 19, 2019	Tue	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 20, 2019	Wed	Practice (States Practice )	N/A	3:30 PM	5:30 PM	OFA Pool		
Nov 21, 2019	Thu	Practice (States Practice )	N/A	2:30 PM		lthaca College	Departure Time: 1:30 PM	
Nov 22, 2019	Fri	Post-Season (NYSPHSAA Championship)	@ TBD	10:00 AM		lthaca College	<b>Departure Time:</b> 7:30 AM	L
Nov 23, 2019	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	10:00 AM		lthaca College	Departure Time: 7:30 AM	L

Date: 2024-05-18