



Owego Apalachin (G) V Swimming/Diving

Coaches:

- Summer Pierce

DATE	WEEK DAY	TYPE	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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 20, 2019	Fri	Regular Season 77-107 L	@ Vestal	5:30 PM	7:30 PM	Vestal High School Baseball Field	Departure Time: 3:30 PM	L
Sep 27, 2019	Fri	Regular Season 79-107 L	Maine-Endwell	4:30 PM	7:30 PM	OFA Pool		L
Sep 30, 2019	Mon	Practice (Strength and Conditioning)	N/A	6:00 AM	7:00 AM	TBD		
Sep 30, 2019	Mon	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 1, 2019	Tue	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 2, 2019	Wed	Practice (Strength and Conditioning)	N/A	6:00 AM	7:00 AM	TBD		
Oct 2, 2019	Wed	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 3, 2019	Thu	Regular Season 69-117 L	Ithaca	4:30 PM	7:00 PM	OFA Pool		L
Oct 4, 2019	Fri	Practice (Strength and Conditioning)	N/A	6:00 AM	7:00 AM	TBD		
Oct 5, 2019	Sat	Practice (Swim Practice)	N/A	9:00 AM	10:30 AM	TBD		
Oct 7, 2019	Mon	Practice (Strength and Conditioning)	N/A	6:00 AM	7:00 AM	TBD		
Oct 7, 2019	Mon	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 8, 2019	Tue	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 9, 2019	Wed	Practice (Strength and Conditioning)	N/A	6:00 AM	7:00 AM	TBD		
Oct 9, 2019	Wed	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 10, 2019	Thu	Regular Season	Oneonta	4:30 PM		OFA Pool		L
Oct 11, 2019	Fri	Practice (Swimming Practice)	N/A	6:00 AM	8:00 AM	TBD		
Oct 11, 2019	Fri	Regular Season (Elmira Invitational)	@ TBD	3:30 PM		EDA Pool	Departure Time: 2:00 PM	L
Oct 12, 2019	Sat	Regular Season (Elmira Invitational)	@ TBD	9:00 AM		EDA Pool	Departure Time: 7:30 AM	L
Oct 15, 2019	Tue	Regular Season	Norwich	5:00 PM		OFA Pool		L
Oct 19, 2019	Sat	Practice (Swim Practice)	N/A	8:00 AM	10:00 AM	TBD		
Oct 26, 2019	Sat	Practice (Swim Practice)	N/A	8:00 AM	10:00 AM	TBD		
Oct 30, 2019	Wed	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Oct 31, 2019	Thu	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Nov 1, 2019	Fri	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Nov 4, 2019	Mon	Practice (Swim Practice)	N/A	3:30 PM	5:30 PM	TBD		
Nov 5, 2019	Tue	Practice (Swim Practice)	N/A	1:00 PM	3:00 PM	TBD		

DATE	WEEK DAY	TYPE	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, Maine-Endwell, Norwich, Oneonta, Waverly, Windsor, Chenango Forks, Johnson City @ Watkins Glen (Storm)	2:00 PM	5:00 PM	W G Pool	Departure Time: 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		Ithaca College	Departure Time: 1:30 PM	
Nov 22, 2019	Fri	Post-Season (NYSPHSAA Championship)	@ TBD	10:00 AM		Ithaca College	Departure Time: 7:30 AM	L
Nov 23, 2019	Sat	Post-Season (NYSPHSAA Championship)	@ TBD	10:00 AM		Ithaca College	Departure Time: 7:30 AM	L

Date: 2026-06-09