



Owego Apalachin

(G) 7/8TH Swimming/Diving

Coaches:

- Wendy Goodwin

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2025	Wed	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 4, 2025	Thu	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 5, 2025	Fri	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 8, 2025	Mon	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 9, 2025	Tue	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 10, 2025	Wed	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 11, 2025	Thu	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 12, 2025	Fri	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 15, 2025	Mon	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 16, 2025	Tue	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 17, 2025	Wed	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 18, 2025	Thu	Regular Season	Elmira @ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	Departure Time: 4:00 PM	L
Sep 19, 2025	Fri	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 22, 2025	Mon	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 23, 2025	Tue	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 24, 2025	Wed	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 25, 2025	Thu	Regular Season	@ Corning-Painted Post	5:30 PM		C P P High School	Departure Time: 3:45 PM	L
Sep 26, 2025	Fri	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Sep 29, 2025	Mon	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 30, 2025	Tue	Practice (Practices are at Tioga Central until further notice)	N/A	4:00 PM	6:00 PM	TBD		
Oct 2, 2025	Thu	Regular Season	Elmira @ Vestal	5:30 PM		Vestal High School Pool	Departure Time: 4:00 PM	L
Oct 9, 2025	Thu	Regular Season	@ Horseheads	5:30 PM	7:30 PM	HHS HS Pool	Departure Time: 3:45 PM	L
Oct 13, 2025	Mon	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 14, 2025	Tue	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 16, 2025	Thu	Regular Season	Binghamton @ Johnson City	5:30 PM	7:30 PM	JC HS Pool	Departure Time: 3:45 PM	L
Oct 17, 2025	Fri	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 20, 2025	Mon	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 21, 2025	Tue	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 22, 2025	Wed	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 23, 2025	Thu	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 24, 2025	Fri	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 27, 2025	Mon	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 28, 2025	Tue	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 29, 2025	Wed	Practice (Swim practice schedule for Tioga Central pool)	N/A	4:00 PM	6:00 PM	TBD		
Oct 30, 2025	Thu	Regular Season (M.E. - Invite)	@ TBD	4:00 PM		TBD	Departure Time: 4:00 PM	NL

Date: 2025-12-06