



Owego Apalachin (G) V Winter Track

Coaches:

- Nancy Flynn
- Erica Haray

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 5, 2018	Mon	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 6, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 6, 2018	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 7, 2018	Wed	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 8, 2018	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 8, 2018	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 12, 2018	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 12, 2018	Mon	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 13, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 13, 2018	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 14, 2018	Wed	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 15, 2018	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
CANCELLED Nov 15, 2018	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		
CANCELLED Nov 16, 2018	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 19, 2018	Mon	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 20, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 20, 2018	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 21, 2018	Wed	Practice	N/A	8:00 AM	9:30 AM	TBD		
Nov 23, 2018	Fri	Practice	N/A	9:00 AM	10:30 AM	TBD		
Nov 26, 2018	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 26, 2018	Mon	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 27, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 27, 2018	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 28, 2018	Wed	Practice	N/A	3:00 PM	4:30 PM	TBD		
Nov 29, 2018	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Nov 29, 2018	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 30, 2018	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD		
Dec 1, 2018	Sat	Regular Season (Finger Lakes Invitational)	@ TBD	5:00 PM		SUNY Cortland	Departure Time: 3:15 PM	L
Dec 8, 2018	Sat	Regular Season (Ithaca Bombers Invitational)	@ TBD	10:00 AM		Ithaca College	Departure Time: 8:45 AM	L
Dec 10, 2018	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 10, 2018	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 11, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 11, 2018	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 12, 2018	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 13, 2018	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 13, 2018	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 14, 2018	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 15, 2018	Sat	Regular Season (607 Invitational)	@ TBD	1:00 PM		SUNY Cortland	Departure Time: 11:15 AM	L
Dec 17, 2018	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 17, 2018	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 18, 2018	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 18, 2018	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 19, 2018	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 20, 2018	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Dec 20, 2018	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Dec 21, 2018	Fri	Regular Season (Section IV Classic)	@ TBD	5:00 PM		SUNY Cortland	Departure Time: 3:15 PM	L
Dec 26, 2018	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 26, 2018	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 27, 2018	Thu	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 27, 2018	Thu	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 28, 2018	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 28, 2018	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 29, 2018	Sat	Regular Season (Winterfest Invitational)	@ TBD	2:00 PM		SUNY Cortland	Departure Time: 12:15 AM	L
Dec 31, 2018	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 31, 2018	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 31, 2018	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 3, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 3, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 4, 2019	Fri	Regular Season (Quinney Invitational)	@ TBD	5:00 PM		SUNY Cortland	Departure Time: 3:15 PM	L
Jan 7, 2019	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 7, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 8, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 8, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 10, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 10, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 17, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 17, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 18, 2019	Fri	Regular Season (Hurley Invitational)	@ TBD	5:00 PM		Ithaca College	Departure Time: 3:00 PM	L
Jan 22, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 22, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 23, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 24, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
CANCELLED Jan 24, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 25, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Jan 28, 2019	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Jan 28, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 29, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
CANCELLED Jan 29, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
CANCELLED Jan 30, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
CANCELLED Jan 31, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
CANCELLED Jan 31, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 1, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 4, 2019	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 4, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 5, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 5, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 6, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 7, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 7, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 8, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 11, 2019	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 11, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
CANCELLED Feb 12, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
CANCELLED Feb 12, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 13, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 14, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 14, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 15, 2019	Fri	Post-Season (Section IV Championship)	@ TBD	5:00 PM		Ithaca College	Departure Time: 3:30 PM	L
CANCELLED Feb 18, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 19, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 19, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
CANCELLED Feb 20, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	OAMS Gymnasium		
Feb 21, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 21, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 22, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	OAMS Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 23, 2019	Sat	Post-Season (NYS Qualifier)	@ TBD	9:00 AM		Cornell University	Departure Time: 7:15 AM	L
Feb 25, 2019	Mon	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 25, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 26, 2019	Tue	Practice	N/A	5:30 AM	7:00 AM	TBD		
Feb 26, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 27, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Feb 28, 2019	Thu	Practice	N/A	5:30 AM	7:00 AM	TBD		
Mar 2, 2019	Sat	Post-Season (NYS Championship)	@ TBD	TBD		Ocean Breeze Track & Field Facility, Staten Island		L

Date: 2026-02-14