



Owego Apalachin (G) V Winter Track

Coaches:

- Nancy Flynn
- Erica Haray

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 15, 2022	Tue	Practice (Indoor Track Practice)	N/A	3:45 PM	5:30 PM	TBD	
Nov 15, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Nov 17, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD	
Nov 21, 2022	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	
Nov 22, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Nov 28, 2022	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	
Nov 29, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Nov 30, 2022	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 1, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 5, 2022	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 6, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 7, 2022	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 8, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 10, 2022	Sat	Regular Season (Track Meet - Cortland)	@ TBD	2:00 PM		TBD	Departure Time: 12:15 PM L
Dec 12, 2022	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 13, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 14, 2022	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 15, 2022	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite - Cortland)	@ TBD	9:00 AM		TBD	Departure Time: 8:00 AM L
Dec 19, 2022	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	
Dec 20, 2022	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Dec 21, 2022	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD	
Jan 3, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD	
Jan 4, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD	
Jan 5, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD	
Jan 9, 2023	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 10, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 11, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Jan 12, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 14, 2023	Sat	Regular Season (Winterfest Invite - Cortland)	@ TBD	2:00 PM		TBD	Departure Time: 12:00 PM	L
Jan 17, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 18, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Jan 19, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 20, 2023	Fri	Regular Season (Quinney Invite - Ithaca)	@ TBD	5:00 PM		TBD	Departure Time: 3:00 PM	L
Jan 23, 2023	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD		
Jan 24, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 25, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Jan 26, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Jan 28, 2023	Sat	Regular Season (Section IV Classic - Cornell)	@ TBD	12:30 PM		TBD	Departure Time: 11:00 AM	L
Jan 30, 2023	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD		
Jan 31, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Feb 1, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Feb 2, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Feb 6, 2023	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD		
Feb 7, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Feb 8, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Feb 9, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	TBD		
Feb 10, 2023	Fri	Regular Season (Section IV Championship - Ithaca)	@ TBD	5:00 PM		TBD		L
Feb 13, 2023	Mon	Practice	N/A	7:15 AM	8:05 AM	TBD		
Feb 14, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	TBD		
Feb 15, 2023	Wed	Practice	N/A	7:15 AM	8:05 AM	TBD		
Feb 25, 2023	Sat	Regular Season (Section IV State Qualifier)	@ TBD	12:00 PM		Cornell University	Departure Time: 10:00 AM	L

Date: 2026-02-14