



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 13, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Nov 14, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Nov 15, 2023	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Nov 16, 2023	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Nov 20, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Nov 21, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Nov 27, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Nov 28, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Nov 29, 2023	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Nov 30, 2023	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 4, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Dec 5, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 6, 2023	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Dec 7, 2023	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 9, 2023	Sat	Regular Season (Finger Lakes Invitational - SUNY Cortland)	@ TBD	2:00 PM		TBD	Departure Time: 12:00 PM	NL
Dec 11, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Dec 12, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 13, 2023	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Dec 14, 2023	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 16, 2023	Sat	Regular Season (Winter Classic - SUNY Cortland)	@ TBD	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Dec 18, 2023	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Dec 19, 2023	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Dec 20, 2023	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 2, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 3, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 4, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2024	Fri	Regular Season (Hurley Invite - Ithaca)	@ TBD	5:00 PM		TBD	Departure Time: 3:00 PM	NL
Jan 8, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 9, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 10, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 11, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 13, 2024	Sat	Regular Season (607 Invite - SUNY Cortland)	@ TBD	6:00 PM		TBD	Departure Time: 4:30 PM	NL
Jan 16, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 17, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 18, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 22, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 23, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 24, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 25, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 29, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Jan 30, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Jan 31, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 1, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 3, 2024	Sat	Regular Season (Quinney STAC Invite - SUNY Cortland)	@ TBD	6:00 PM		TBD	Departure Time: 4:00 PM	NL
Feb 5, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 6, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 7, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 8, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 12, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 13, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 14, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 15, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 17, 2024	Sat	Regular Season (Section IV Classic - SUNY Cortland)	@ TBD	6:00 PM		TBD	Departure Time: 4:00 PM	NL
Feb 20, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 21, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 22, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 25, 2024	Sun	Regular Season (Section IV Championships - Cornell University)	@ TBD	TBD		TBD	Departure Time: 12:00 PM	NL
Feb 26, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 27, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Feb 28, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Feb 29, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 4, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 5, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 6, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 7, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 11, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 12, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 13, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 18, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 19, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 20, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 21, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 25, 2024	Mon	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 26, 2024	Tue	Practice	N/A	7:30 AM	8:30 AM	TBD		
Mar 27, 2024	Wed	Practice	N/A	3:40 PM	5:00 PM	TBD		
Mar 28, 2024	Thu	Practice	N/A	7:30 AM	8:30 AM	TBD		

Date: 2026-06-06