



# 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 17, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Owego Free Academy		
CANCELLED Nov 17, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD		
Nov 18, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Nov 19, 2025	Wed	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Nov 19, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Nov 20, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Nov 24, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Nov 24, 2025	Mon	Practice (Family & Team Meeting via Zoom)	N/A	6:00 PM	7:00 PM	TBD		
Nov 24, 2025	Mon	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 PM	8:45 PM	OFA Fitness Center		
Nov 25, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 1, 2025	Mon	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Dec 1, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 2, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 3, 2025	Wed	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Dec 3, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 4, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 7, 2025	Sun	Regular Season (Ithaca Bomber @ Ithaca College )	@ TBD	10:00 AM		TBD	Departure Time: 8:00 AM	L
Dec 8, 2025	Mon	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Dec 8, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 10, 2025	Wed	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Dec 10, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 11, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 13, 2025	Sat	Regular Season (607 Invitational @ SUNY Cortland)	@ TBD	TBD		TBD		L
Dec 15, 2025	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 15, 2025	Mon	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 PM	8:45 PM	OFA Fitness Center		
Dec 16, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 17, 2025	Wed	Practice (Optional Work Out with Coach Pierce )	N/A	8:00 AM	8:45 AM	OFA Fitness Center		
Dec 17, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Dec 18, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 3, 2026	Sat	Regular Season (Quinney Invite @ Cornell College)	@ TBD	1:00 PM		TBD	Departure Time: 11:30 AM	L
Jan 12, 2026	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 13, 2026	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 14, 2026	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 15, 2026	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 16, 2026	Fri	Regular Season (Hurley Invitational @ Ithaca College)	@ TBD	4:30 PM		TBD	Departure Time: 3:00 PM	L
CANCELLED Jan 19, 2026	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 20, 2026	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 21, 2026	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 22, 2026	Thu	Regular Season (SUNY Cortland )	@ TBD	TBD		TBD	Departure Time: 5:45 PM	NL
Jan 26, 2026	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 27, 2026	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Jan 29, 2026	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Feb 1, 2026	Sun	Regular Season (Finger Lakes Invitational @ Cornell)	@ TBD	1:00 PM		TBD	<b>Departure Time:</b> 11:00 AM	L
Feb 2, 2026	Mon	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Feb 3, 2026	Tue	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Feb 4, 2026	Wed	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Feb 5, 2026	Thu	Practice	N/A	3:30 PM	5:00 PM	Owego Free Academy		
Feb 7, 2026	Sat	Regular Season (Section IV Class Meet @ Cornell)	@ TBD	1:00 PM		TBD	<b>Departure Time:</b> 11:00 AM	L
Feb 20, 2026	Fri	Regular Season (Section IV State Qualifier - Ithaca)	@ TBD	4:30 PM		TBD	<b>Departure Time:</b> 2:30 PM	L
CANCELLED Mar 5, 2026	Thu	Practice	N/A	3:30 PM	5:00 PM	TBD		
Mar 8, 2026	Sun	Regular Season (State Championships - Staten Island)	@ TBD	9:00 AM		TBD	<b>Departure Date:</b> Mar 6, 2026 <b>Departure Time:</b> 12:00 PM	L

Date: 2026-02-14