



# Owego Apalachin (B) V Winter Track

## Coaches:

- Nancy Flynn
- Erica Haray

| DATE         | WEEK DAY | TYPE                          | OPPONENTS | START TIME | END TIME | LOCATION    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------|-----------|------------|----------|-------------|----------------|---------------------|
| Nov 12, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 13, 2019 | Wed      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 14, 2019 | Thu      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 15, 2019 | Fri      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 18, 2019 | Mon      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 19, 2019 | Tue      | Practice ((G) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 19, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 19, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 20, 2019 | Wed      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 21, 2019 | Thu      | Practice ((B) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 21, 2019 | Thu      | Practice ((G) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 21, 2019 | Thu      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 22, 2019 | Fri      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 23, 2019 | Sat      | Practice ((B) V Winter Track) | N/A       | 11:00 AM   | 1:00 PM  | OFA Stadium |                |                     |
| Nov 25, 2019 | Mon      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 25, 2019 | Mon      | Practice ((G) V Winter track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 25, 2019 | Mon      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((G) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((G) V Winter track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 26, 2019 | Tue      | Practice ((B) V Winter Track) | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium |                |                     |
| Nov 27, 2019 | Wed      | Practice ((B) V Winter Track) | N/A       | 8:00 AM    | 9:30 AM  | OFA Stadium |                |                     |
| Nov 27, 2019 | Wed      | Practice ((G) V Winter track) | N/A       | 8:00 AM    | 9:30 AM  | OFA Stadium |                |                     |
| Nov 30, 2019 | Sat      | Practice ((G) V Winter track) | N/A       | 8:00 AM    | 9:30 AM  | OFA Stadium |                |                     |

| DATE                   | WEEK DAY | TYPE   | OPPONENTS | START TIME | END TIME | LOCATION       | TRANSPORTATION          | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|-----------|------------|----------|----------------|-------------------------|---------------------|
| Nov 30, 2019           | Sat      | Practice ((B) V Winter Track)                | N/A       | 8:00 AM    | 9:30 AM  | OFA Stadium    |                         |                     |
| CANCELLED Dec 2, 2019  | Mon      | Practice ((B) V Winter Track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| CANCELLED Dec 2, 2019  | Mon      | Practice ((G) V Winter track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 3, 2019            | Tue      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 3, 2019            | Tue      | Practice ((G) V Winter track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 3, 2019            | Tue      | Practice ((B) V Winter Track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 3, 2019            | Tue      | Practice ((G) V Winter track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 4, 2019            | Wed      | Practice ((G) V Winter track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 4, 2019            | Wed      | Practice ((B) V Winter Track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 5, 2019            | Thu      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 5, 2019            | Thu      | Practice ((G) V Winter track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 5, 2019            | Thu      | Practice ((B) V Winter Track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 5, 2019            | Thu      | Practice ((G) V Winter track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 6, 2019            | Fri      | Practice ((G) V Winter track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 6, 2019            | Fri      | Practice ((B) V Winter Track)                | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 9, 2019            | Mon      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 10, 2019           | Tue      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 10, 2019           | Tue      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 11, 2019           | Wed      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 12, 2019           | Thu      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 12, 2019           | Thu      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 13, 2019           | Fri      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 14, 2019           | Sat      | Regular Season (Ithaca Bombers Invitational) | @ TBD     | 9:00 AM    |          | Ithaca College | Departure Time: 7:15 AM | L                   |
| Dec 16, 2019           | Mon      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| CANCELLED Dec 17, 2019 | Tue      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| CANCELLED Dec 17, 2019 | Tue      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 18, 2019           | Wed      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |
| Dec 19, 2019           | Thu      | Practice ((B) V Winter Track)                | N/A       | 5:45 AM    | 7:00 AM  | OFA Stadium    |                         |                     |
| Dec 19, 2019           | Thu      | Practice                                     | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium    |                         |                     |

| DATE         | WEEK DAY | TYPE                                   | OPPONENTS | START TIME | END TIME | LOCATION           | TRANSPORTATION           | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--------------------|--------------------------|---------------------|
| Dec 20, 2019 | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Dec 21, 2019 | Sat      | Regular Season (Quinney Invitational)  | @ TBD     | 2:00 PM    |          | SUNY Cortland      | Departure Time: 11:45 AM | L                   |
| Dec 28, 2019 | Sat      | Regular Season                         | @ TBD     | 2:00 PM    |          | SUNY Cortland      | Departure Time: 12:00 PM | L                   |
| Jan 3, 2020  | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 4, 2020  | Sat      | Regular Season (Section IV Classic)    | @ TBD     | 12:30 PM   |          | Cornell University | Departure Time: 11:15 AM | L                   |
| Jan 6, 2020  | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 7, 2020  | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 8, 2020  | Wed      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 9, 2020  | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 10, 2020 | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 11, 2020 | Sat      | Regular Season                         | @ TBD     | 5:00 PM    |          | SUNY Cortland      | Departure Time: 4:15 PM  | L                   |
| Jan 13, 2020 | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 14, 2020 | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 15, 2020 | Wed      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 16, 2020 | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 17, 2020 | Fri      | Regular Season (Section IV Class Meet) | @ TBD     | 5:00 PM    |          | Ithaca College     | Departure Time: 3:15 PM  | L                   |
| Jan 20, 2020 | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 21, 2020 | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 22, 2020 | Wed      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 23, 2020 | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 24, 2020 | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 25, 2020 | Sat      | Regular Season                         | @ TBD     | 9:00 AM    |          | SUNY Cortland      | Departure Time: 7:30 AM  | L                   |
| Jan 27, 2020 | Mon      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 28, 2020 | Tue      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 29, 2020 | Wed      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 30, 2020 | Thu      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Jan 31, 2020 | Fri      | Practice                               | N/A       | 3:00 PM    | 5:00 PM  | OFA Stadium        |                          |                     |
| Feb 1, 2020  | Sat      | Regular Season (SUNY Cortland)         | @ TBD     | 5:00 PM    |          | SUNY Cortland      | Departure Time: 4:00 PM  | L                   |
| Feb 15, 2020 | Sat      | Post-Season (Section IV Championship)  | @ TBD     | 12:30 PM   |          | Cornell University | Departure Time: 10:45 AM | L                   |

| DATE | WEEK<br>DAY | TYPE                          | OPPONENTS | START<br>TIME | END<br>TIME | LOCATION       | TRANSPORTATION | LEAGUE /<br>NON-<br>LEAGUE |
|------|-------------|-------------------------------|-----------|---------------|-------------|----------------|----------------|----------------------------|
| TBD  |             | Practice ((G) V Winter track) | N/A       | TBD           |             | OFA<br>Stadium |                |                            |

Date: 2026-02-11