



# Owego Apalachin (G) V Wrestling

## Coaches:

- James Benjamin, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 19, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 20, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 21, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 22, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 23, 2024	Sat	Regular Season (Weight Certifications - Sidney)	@ TBD	6:00 PM		TBD	Departure Time: 4:15 PM	NL
Nov 25, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 26, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 27, 2024	Wed	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 28, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Nov 29, 2024	Fri	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Dec 2, 2024	Mon	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Dec 3, 2024	Tue	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Dec 5, 2024	Thu	Practice	N/A	3:45 PM	5:45 PM	OFA Wrestling Room		
Dec 6, 2024	Fri	Regular Season (Newark Valley Girls Wrestling Tournament - NV HS Gym)	@ TBD	4:30 PM		TBD		NL
Jan 30, 2025	Thu	Regular Season	Corning-Painted Post @ Elmira	7:00 PM		EHS Gym		L

Date: 2024-11-25