

## **Coaches:**

- Chris Mason, Head Coach
- Karen Simmonds-Brady, Head Coach

| DATE         | WEEK<br>DAY | ТҮРЕ  | OPPONENTS   | START<br>TIME | END<br>TIME |   | DEPARTURE                             | TRANSPORTATION   | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|---|---|---------------|-------------|---|---------------------------------------|--|----------------------------|
| Sep 13, 2023 | Wed         | Regular Season                                  | Henninger<br>(Henninger) @<br>Baldwinsville   | 4:30<br>PM    | 5:00<br>PM  | Bville -<br>Durgee<br>Cross<br>Country<br>Trail |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>2:45 PM             | L                          |
| Sep 16, 2023 | Sat         | Regular Season<br>(Invitational)                | @ Vernon-<br>Verona-Sherrill  | 10:30<br>AM   |             | Cross<br>Country<br>Course                      |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>8:30 AM             | L                          |
| Sep 23, 2023 | Sat         | Regular Season<br>(71st Annual<br>Invitational) | @ TBD   | 1:20<br>PM    |             | Bville -<br>Durgee<br>Cross<br>Country<br>Trail |                                       | <b>Departure Point:</b><br>AHS - shared  | L                          |
| Sep 27, 2023 | Wed         | Regular Season                                  | @ Fayetteville-<br>Manlius  | 4:30<br>PM    |             | FM Cross<br>Country                             |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>2:45 PM             | L                          |
| Sep 30, 2023 | Sat         | Regular Season<br>(McQuaid<br>Invitational)     | @ TBD   | TBD           |             | Genesee<br>Valley<br>Park                       |                                       | Departure Point:<br>AHS - shared<br>Departure Time:<br>11:15 PM                          | L                          |
| Oct 7, 2023  | Sat         | Regular Season<br>(Tully<br>Invitational)       | @ TBD   | 12:00<br>PM   |             | TBD   |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>9:45 AM             | L                          |
| Oct 14, 2023 | Sat         | Regular Season<br>(Manhattan<br>Invitational)   | @ TBD   | TBD           |             | Van<br>Cortlandt<br>Park, New<br>York, NY       | <b>Bus/Driver:</b><br>DISTRICT<br>VAN | Departure Point:<br>AHS<br>Departure Date:<br>Oct 13, 2023<br>Departure Time:<br>8:00 AM | L                          |
| Oct 18, 2023 | Wed         | Regular Season<br>(SCAC<br>Championships)       | Jamesville-<br>Dewitt, Fulton,<br>Oswego,<br>Nottingham<br>(Nottingham),<br>East Syracuse<br>Minoa, Central<br>Square, West<br>Genesee,<br>Fayetteville-<br>Manlius,<br>Henninger<br>(Henninger),<br>Fowler<br>(Syracuse<br>West),<br>Liverpool,<br>Cicero-North<br>Syracuse @<br>Baldwinsville | 4:30<br>PM    | 5:00<br>PM  | Bville -<br>Durgee<br>Cross<br>Country<br>Trail |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>2:00 PM             | L                          |
| Oct 21, 2023 | Sat         | Regular Season<br>(Weedsport<br>Invitational)   | @ TBD   | 10:15<br>AM   |             | Weedsport<br>JrSr.<br>High<br>School            |                                       | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>8:45 AM             | L                          |

| DATE         | WEEK<br>DAY | ТҮРЕ  | OPPONENTS | START EI<br>TIME TI | ND<br>ME LOCATION | DEPARTURE                         | TRANSPORTATION  | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|---|-----------|---------------------|-------------------|-----------------------------------|---|----------------------------|
| Nov 4, 2023  | Sat         | Post-Season<br>(Section III<br>Championships<br>@ VVS)                | @ TBD     | 1:30<br>PM          | VVS               |                                   | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>10:15 AM | NL                         |
| Nov 11, 2023 | Sat         | Post-Season<br>(NYSPHSAA XC<br>Championships<br>@ VVS High<br>School) | @ TBD     | TBD                 | VVS               |                                   | <b>Departure Point:</b><br>AHS - shared<br><b>Departure Time:</b><br>10:15 AM | NL                         |
| Nov 18, 2023 | Sat         | Regular Season<br>(NYS Federation<br>Meet)                            | @ TBD     | TBD                 | TBD               | Bus/Driver:<br>2 DISTRICT<br>VANS | Departure Point:<br>AHS<br>Departure Date:<br>Nov 17, 2023                    | L                          |

Date: 2024-05-18