

Coaches:

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

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

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

Date: 2024-05-18