

Coaches:

• Karen Simmonds-Brady, Head Coach

DATE	WEEI DAY	K TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero- North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Holland Patent, Homer, Indian River, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon- Verona- Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mohant Markham	8:00 AM	12:00 PM	HS Track	Bus/Driver: First Student (shared)	Departure Point: AHS Departure Time: 8:15 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGU / NON- LEAGU
Sep 11, 2024	Wed	Regular Season	@ East Syracuse Minoa	5:00 PM		ESM Kirkville Rd. Field			L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin- Perth, South Lewis, Scotia- Glenville, Vernon- Verona- Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Onondaga Coach	Sep 14, 2024 Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Fulton @ Nottingham (Nottingham)	5:00 PM	6:30 PM	Nottingham Cross Country		Departure Point: AHS Departure Time: 2:30 PM	L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	1:30 PM		Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 10:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Central Square	5:00 PM		Auburn - Holland Stadium (Turf)			L
Sep 28, 2024	Sat	Regular Season (McQauid Invitational)	@ TBD	3:30 PM		Genesee Valley Park		Departure Point: AHS - shared Departure Time: 11:30 AM	NL
Oct 2, 2024	Wed	Regular Season	Oswego @ Jamesville- Dewitt	5:00 PM		JD HS Stadium		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Oct 9, 2024	Wed	Regular Season	Fayetteville- Manlius	5:00 PM		Auburn - Holland Stadium (Turf)			L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 13, 2024	Sun	Regular Season (Manhattan Invitational)	@ TBD	TBD		TBD	Bus/Driver: DISTRICT VAN	Departure Point: AHS Departure Date: Oct 12, 2024	NL
Oct 19, 2024	Sat	Regular Season (Weedsport Invitational)	Cato-Meridian (Blue Devils), Fairport, Henninger (Henninger), Jamesville- Dewitt, Marcus Whitman, Wayne @ Weedsport	9:15 AM		Weedsport JrSr. High School		Departure Point: AHS - shared Departure Time: 8:45 AM	NL
Oct 19, 2024	Sat	Regular Season (Weedsport Invitational)	@ TBD	TBD		TBD		Departure Point: AHS	NL
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Liverpool, Fayetteville- Manlius, Fulton, Jamesville- Dewitt, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee, Baldwinsville @ East Syracuse Minoa	5:10 PM	5:40 PM	ESM Kirkville Rd. Field		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Nov 9, 2024	Sat	Post-Season (Section 3 X-C Championships (Mt. Markham High School) - West Winfield, NY)	@ Mount Markham	10:30 AM		HS Track	Bus/Driver: Onondaga Coach	Departure Point: AHS Departure Time: 6:40 AM	NL
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Roy C Ketcham/ Wappingers JHS, Lake George, South Lewis, Oswego @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL
Nov 23, 2024	Sat	Post-Season (NYS Federation X-C Championship / Nike X-C Regional Championship)	@ TBD	1:00 PM		Bowdoin Park		Departure Point: AHS - shared Departure Date: Nov 22, 2024 Departure Time: 9:00 AM	NL

Date: 2025-12-14