

## Coaches:

• Karen Simmonds-Brady, Head Coach

DATE	WEE! DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Vernon-Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS		<b>Departure Point:</b> AHS - shared	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Shaker High School, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Colonie High School, Roy C Ketcham/ Wappingers JHS, Central Valley Academy, Phoenix, Chatham, Broadalbin- Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		<b>Departure Point:</b> AHS - shared <b>Departure Time:</b> 7:45 AM	NL
Sep 17, 2025	Wed	Regular Season (Senior Night)	Fulton @ Oswego	4:30 PM		Oswego Middle School Cross Country Trail		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invite)	@ TBD	TBD	6:30 PM	Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 11:30 AM	NL
Sep 24, 2025	Wed	Regular Season	@ Central Square	4:30 PM		CS: MHE XC Course		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		Genesee Valley Park		Departure Point: AHS - shared Departure Time: 11:15 AM	L
Oct 1, 2025	Wed	Regular Season (Senior Day)	East Syracuse Minoa	4:30 PM		Auburn - Holland Stadium (Turf)			L
Oct 8, 2025	Wed	Regular Season	Jamesville- Dewitt @ Fayetteville- Manlius	4:30 PM		FM Cross Country		<b>Departure Point:</b> AHS - shared <b>Departure Time:</b> 2:10 PM	L
Oct 11, 2025	Sat	Regular Season (Manhattan Invitational)	@ TBD	TBD		Manhattan University	Bus/Driver: 2 DISTRICT VANS	<b>Departure Point:</b> AHS - shared	NL
Oct 18, 2025	Sat	Regular Season (Marcellus Invitational)	@ TBD	12:10 PM		Marcellus Park		Departure Point: AHS - shared Departure Time: 10:00 AM	L

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2025	Wed	Regular Season (SCAC Championships )		4:30 PM		Bville - Durgee Cross Country Trail		<b>Departure Point:</b> AHS - shared <b>Departure Time:</b> 2:30 PM	L
Nov 8, 2025	Sat	Post-Season (Sectionals)	@ Mount Markham	TBD		HS Track			NL
Nov 15, 2025	Sat	Post-Season (NYS PHSAA Championship Meet)	@ TBD	10:30 AM	12:30 PM	) Queensbury High Schoo		Departure Point: AHS - shared Departure Date: Nov 14, 2025 Departure Time: 9:00 AM	NL
Nov 22, 2025	Sat	Regular Season (Nike Regionals & Federation Meet)	@ TBD	TBD		Bowdoin Park			NL

Date: 2025-12-13