## Coaches:

• Cassie Rigby, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2019	Wed	Regular Season	Oswego, East Syracuse Minoa @ Jamesville-Dewitt	4:30 PM	JD HS Stadium	<b>Departure Point:</b> AJHS - shared <b>Departure Time:</b> 2:45 PM	L
Sep 18, 2019	Wed	Regular Season	@ Fulton	6:00 PM	Granby E S	Departure Point: AJHS - shared Departure Time: 3:30 PM	L
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitaional)	TBD	1:15 PM	Bville - Baker P/A Stadium TRACK	Departure Point: AJHS - shared Departure Time: 10:30 AM	NL
Sep 25, 2019	Wed	Regular Season	Fowler (Syracuse West), Central Square @ Corcoran (Syracuse West)	4:30 PM	Corcoran Stadium	Departure Point: AJHS - shared Departure Time: 3:00 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD	Genesee Valley Park		NL
Oct 2, 2019	Wed	Regular Season	East Syracuse Minoa, Cortland	, 5:50 PM	Auburn - Holland Stadium (Turf)		L
CANCELLED Oct 5, 2019	Sat	Regular Season (AUBURN INVITATIONAL)	TBD	9:00 AM	Auburn - Holland Stadium (Turf)		NL
Oct 8, 2019	Tue	Regular Season	Henninger, Fulton @ Fayetteville-Manlius	4:30 PM	FM Cross Country	Departure Point: AJHS - shared Departure Time: 3:00 PM	L
Oct 19, 2019	Sat	Regular Season (Weedsport's 38th Cross Country Invitational)	TBD	8:30 AM	Weedsport JrSr. High School	Departure Point: AJHS - shared Departure Time: 7:30 AM	NL
Oct 21, 2019	Mon	Regular Season (SCAC Invitational)	Cortland, East Syracuse Minoa, Fulton, Central Square, Jamesville- Dewitt, Fowler (Syracuse West) @ Oswego	4:30 PM	Oswego MS	Departure Point: AJHS - shared Departure Time: 3:00 PM	L

Date: 2025-12-13