

## Coaches:

• Gregory Stowell, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2023	Wed	Regular Season	Henninger (Henninger) @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		<b>Departure Point:</b> AHS - shared <b>Departure Time:</b> 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 20, 2023	Wed	Regular Season	Cicero-North Syracuse	5:00 PM		Auburn - Holland Stadium (Turf)			L
Sep 23, 2023	Sat	Regular Season (71st Annual Invitational)	@ TBD	1:20 PM		Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 11:15 AM	L
Sep 27, 2023	Wed	Regular Season	@ Fayetteville- Manlius	5:00 PM		FM Cross Country		Departure Point: AHS - shared Departure Time: 2:45 PM	L
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	4:20 PM		Genesee Valley Park		Departure Point: AHS - shared Departure Time: 11:15 AM	L
Oct 4, 2023	Wed	Regular Season (Senior Night)	Liverpool, West Genesee	5:00 PM		Auburn - Holland Stadium (Turf)			L
Oct 7, 2023	Sat	Regular Season (Tully Invitational)	@ TBD	12:00 PM		Tully XC Course		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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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	5:00 PM	5:30 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
Nov 4, 2023	Sat	Post-Season (Section III Championships @ VVS High School)	@ TBD	2:45 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: 2024-04-10