

Coaches:

• Gregory Stowell, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START E	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	@ Vernon- Verona-Sherrill	2:00 PM		Cross Country Course		Departure Point: AHS - shared Departure Time: 10:15 AM	NL
Sep 18, 2021	Sat	Regular Season	@ TBD	12:00 PM		Chenango Valley State Park		Departure Point: AHS - shared Departure Time: 9:00 AM	L
Sep 22, 2021	Wed	Regular Season	East Syracuse Minoa, TBD	5:00 PM		Auburn - Holland Stadium (Turf)			L
Sep 25, 2021	Sat	Regular Season	@ TBD	2:30 PM		Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 12:00 PM	L
Sep 29, 2021	Wed	Regular Season	Henninger (Henninger), Nottingham (Nottingham) @ Fulton	5:00 PM		Granby E S	Bus/Driver: Onondaga	Departure Point: AHS - shared Departure Time: 2:45 PM	L
Oct 2, 2021	Sat	Regular Season (McQuaid Invitational)	@ TBD	4:40 PM		Genesee Valley Park		Departure Point: AHS - shared Departure Time: 2:00 PM	L
Oct 6, 2021	Wed	Regular Season	Central Square, Oswego	5:00 PM		Auburn - Holland Stadium (Turf)			L
Oct 13, 2021	Wed	Regular Season	Jamesville- Dewitt @ Cortland	5:00 PM		Cortland Jr-Sr High School CC Course	Bus/Driver: Onondaga	Departure Point: AHS - shared Departure Time: 2:45 PM	L
Oct 16, 2021	Sat	Regular Season (Weedsport Invite)	East Syracuse Minoa, Jordan- Elbridge, Altmar-Parish- Williamstown (APW Rebels), Oswego, Port Byron (Port Byron/Union Springs), Mynderse Academy, Phoenix, Solvay, Corcoran (Syracuse West), Fairport, Waterloo @ Weedsport			Weedsport JrSr. High School	Bus/Dilvei.	Departure Point: AHS - shared Departure Time: 8:45 AM	NL

	DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
	Oct 20, 2021	Wed	Regular Season (SCAC EMPIRE League Championships)	Fulton, East Syracuse Minoa, Jamesville- Dewitt, Cortland, Oswego, Central Square, Fowler (Syracuse West) @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail	Bus/Driver: Onondaga	Departure Point: AHS - shared Departure Time: 2:45 PM	L
No	Nov 6, 2021	Sat	Post-Season (Sectionals)	@ Vernon- Verona-Sherrill	1:00 PM	3:00 PM	Cross Country Course		Departure Point: AHS - shared Departure Time: 11:00 AM	L

Date: 2025-12-14