

Coaches:

• Gregory Stowell, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2022	Sat	Regular Season (17th Annual VVS Invitational)	@ TBD	9:50 AM	Cross Country Course		Departure Point: AHS - shared Departure Time: 6:30 AM	L
Sep 14, 2022	Wed	Regular Season	Central Square @ Fulton	4:30 PM	Granby E S		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Sep 17, 2022	Sat	Regular Season (54th Annual McDANIEL- BAXTER Invitational)	@ TBD	10:00 AM	CV - HS Warrior Stadium		Departure Point: AHS - shared Departure Time: 7:15 AM	L
Sep 21, 2022	Wed	Regular Season	East Syracuse Minoa	4:30 PM	Auburn - Holland Stadium (Turf)			L
Sep 24, 2022	Sat	Regular Season (70th Annual Baldwinsville Invitational)	@ TBD	3:25 PM	Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 1:15 PM	L
Sep 28, 2022	Wed	Regular Season	Jamesville- Dewitt @ Corcoran (Syracuse West)	4:30 PM	Corcoran Stadium		Departure Point: AHS - shared Departure Time: 2:45 PM	L
Oct 5, 2022	Wed	Regular Season	Cortland, Oswego	4:30 PM	Auburn - Holland Stadium (Turf)			L
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational)	@ TBD	8:30 AM	Van Cortlandt Park, New York, NY	Bus/Driver: Taking 2 District Vans	Departure Point: AHS Departure Date: Oct 7, 2022	L
Oct 15, 2022	Sat	Regular Season	Bishop Ludden, Camden, Cato-Meridian (Blue Devils), Central Square, CJ. Finney HS, Fairport, Henninger (Henninger), Jamesville- Dewitt, Jordan- Elbridge, Mynderse Academy, Oswego, Port Byron (Port Byron/Union Springs) @ Weedsport	8:30 AM	Weedsport JrSr. High School			L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 15, 2022	Sat	Regular Season (40th Annual Weedsport Invitational)	@ TBD	10:15 AM		Weedsport JrSr. High School		Departure Point: AHS - shared Departure Time: 9:15 AM	L
Oct 19, 2022	Wed	Regular Season (SCAC League Meet)	Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville- Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Cortland, Jamesville- Dewitt, Corcoran (Syracuse West) @ Baldwinsville	4:30	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Oct 19, 2022	Wed	Regular Season (SCAC League Championships)	TBD	5:30 PM		Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 3:30 PM	L
Nov 5, 2022	Sat	Post-Season (2022 Section III Cross Country Championships)	@ TBD	11:00 AM		Cross Country Course		Departure Point: AHS Departure Date: Nov 5, 2022 Departure Time: 8:30 AM	NL
Nov 12, 2022	Sat	Post-Season (2022 - NYSPHSAA - Cross Country NY State Championship Meet)	@ TBD	11:00 AM		Cross Country Course		Departure Point: AHS Departure Date: Nov 12, 2022	NL
Nov 19, 2022	Sat	Regular Season (NYS Federation Meet)	@ TBD	9:00 AM		TBD	Bus/Driver: DISTRICT VAN	Departure Point: AHS Departure Date: Nov 18, 2022	L

Date: 2025-12-06