

DATE

Coaches:

• Gregory Stowell, Head Coach

WEEK DAY TYPE OPPONENTS START END LOCATION DEPARTURE TRANSPORTATION / NON-LEAGUE

DATE	WEE DAY	K TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon- Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Centra Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Homer, TBD, Indian River, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @Montm	8:00 AM	12:00 PM	TIS HAUK	Bus/Driver: First Student (shared)	Departure Point: AHS Departure Date: Sep 7, 2024 Departure Time: 8:15 AM	NL
Sep 11, 2024	Wed	Regular Season	@ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field			L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2024	Sat	Regular Season (Queesnbury Pre-season Invitational)	@ TBD	TBD		TBD	Bus/Driver: Onondaga Coach	Departure Point: AHS - shared Departure Date: Sep 14, 2024 Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Fulton @ Nottingham (Nottingham)	4:30 PM	6:30 PM	Nottingham Cross Country		Departure Point: AHS - shared with G Var X-C Departure Time: 2:30 PM	L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Inviational)	@ TBD	1:30 PM		Bville - Durgee Cross Country Trail		Departure Point: AHS - shared Departure Time: 10:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Central Square	4:30 PM		Auburn - Holland Stadium (Turf)			L
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	4:00 PM		Genesee Valley Park		Departure Point: AHS - shared Departure Time: 11:30 AM	NL
Oct 2, 2024	Wed	Regular Season	Oswego @ Jamesville- Dewitt	4:30 PM		JD HS Stadium		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Oct 9, 2024	Wed	Regular Season	Fayetteville- Manlius	4:30 PM		Auburn - Holland Stadium (Turf)			L
Oct 13, 2024	Sun	Regular Season (Manhattan Invitational)	@ TBD	TBD		TBD	Bus/Driver: DISTRICT VANS	Departure Point: AHS Departure Date: Oct 12, 2024	NL
Oct 19, 2024	Sat	Regular Season (Weedsport XC Invitational)	Cato-Meridian (Blue Devils), Jordan- Elbridge, Fairport, Henninger (Henninger), Jamesville- Dewitt, Marcus Whitman, Wayne @ Weedsport	9:15 AM		Weedsport JrSr. High School		Departure Point: AHS - shared Departure Time: 8:45 AM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	: TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Liverpool, Fayetteville- Manlius, Fulton, Jamesville- Dewitt, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee, Baldwinsville @ East Syracuse Minoa	4:30 PM	5:00 PM	ESM Kirkville Rd. Field		Departure Point: AHS - shared Departure Time: 2:30 PM	L
Nov 9, 2024	Sat	Post-Season (Section 3 X-C Championships (Mt. Markham High School) - West Winfield, NY)	@ Mount Markham	9:30 AM		HS Track	Bus/Driver: Onondaga Coach	Departure Point: AHS - shared Departure Time: 6:45 AM	NL
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Roy C Ketcham/ Wappingers JHS, Lake George, South Lewis, Oswego, Notre Dame, Elmira @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Onondaga Coach	Departure Point: AHS Departure Time: 6:40 AM	NL
Nov 23, 2024	Sat	Post-Season (NYS Federation X-C Championship / Nike X-C Regional Championship)	@ TBD	12:25 PM		Bowdoin Park		Departure Point: AHS - shared Departure Date: Nov 22, 2024 Departure Time: 9:00 AM	NL

Date: 2025-12-05