

Coaches:

- John Oliver, Head Coach
- Dan Butler, Asst Coach
- Karen Simmonds-Brady, Asst Coach
- Gregory Stowell, Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|---------------------------|-------------|---|--|---------------|-------------|---|--|--|----------------------------|
| Apr 11, 2025 | Fri | Regular Season (NISKY Elite 5K - Qualifying Standard Event) | TBD | TBD | | Niskayuna High School | Bus/Driver: 2 DISTRICT VANS | Departure Point: AHS | NL |
| POSTPONED Apr 16, 2025 | Wed | Regular Season | Fayetteville- Manlius, Liverpool, Fowler @ Jamesville- Dewitt | 4:30 PM | | JD HS Stadium | | Departure Point: AHS Departure Time: 2:30 PM | L |
| Apr 23, 2025 | Wed | Regular Season (Senior Day) | Corcoran | 4:30 PM | | Auburn HS - Track | | | L |
| Apr 26, 2025 | Sat | Meet (Chittenango Invitational) | Vs. Multiple | 11:00 AM | 4:00 PM | Chittenango HS- Stadium, Chittenango HS-Multi Turf | | Departure Point: AHS Departure Time: 9:00 AM | NL |
| Apr 30, 2025 | Wed | Regular Season | Henninger, Jamesville- Dewitt, Nottingham @ Cicero- North Syracuse | 4:30 PM | 8:45 PM | CNS HS- Bragman Stadium | | Departure Point: AHS Departure Time: 2:30 PM | L |
| May 2, 2025 | Fri | Regular Season (Trials of Miles - Qualifying Standard Event - Icahan Stadium, NYC - Randalls) | | TBD | | lcahn Stadium - Randalls Island (NY) | | Departure Point: AHS - shared Departure Time: 8:00 AM | L |
| May 7, 2025 | Wed | Regular Season | Fayetteville- Manlius, West Genesee, Henninger @ Baldwinsville | 5:00 PM | | Bville - Baker P/A Stadium TRACK | | Departure Point: AHS Departure Time: 3:00 PM | L |
| May 9, 2025 | Fri | Regular Season (John Arcaro Memorial) | @ TBD | TBD | | Bville - Baker P/A Stadium TRACK | | Departure Point: AHS Departure Time: 2:15 PM | L |
| May 9, 2025 | Fri | Regular Season (Glenn Loucks Invitational - Qualifying Standard Event) | @ TBD | TBD | | White Plains H.S. (Loucks Field) - NY | Bus/Driver: FS (TBD) | Departure Point: AHS - shared Departure Time: 9:00 AM | NL |
| May 10, 2025 | Sat | Regular Season (Glenn Loucks Invite, White Plains, NY) | @ TBD | TBD | | TBD | | Departure Point: AHS - shared Departure Time: 5:00 AM | L |

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| May 15, 2025 | Thu | Post-Season (SCAC Empire & Metro Championships) | East Syracuse Minoa, Fowler, Nottingham, Central Square, Fulton, Jamesville- Dewitt, Cicero-North Syracuse, Liverpool, Baldwinsville, Fayetteville- Manlius, Henninger, West Genesee, Corcoran @ Oswego | 4:15 PM | 8:45 PM | Oswego Middle School Stadium | | Departure Point: AHS Departure Time: 2:15 PM | NL |
| May 17, 2025 | Sat | Regular Season (Liverpool Invitational) | @ TBD | 9:00 AM | | LIVERPOOL HS STADIUM | - | Departure Point: AHS Departure Time: 7:15 AM | L |
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| May 23, 2025 | Fri | Regular Season (CNS Invitational) | Adirondack, Baldwinsville, Bishop Grimes, Canastota, Cathage, Cato- Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Chenango Valley, Chittenango, Corcoran, Fabius- Pompey, Faith Heritage, Hannibal, Holland Patent, Indian River, Irondequoit, Institute of Technology, Syracuse, Jamesville- Dewitt, Lowville, Mexico, Morrisville- Eaton, New Hartford, Nottingham, Ogdensburg, OnTech High School, Oneida, Onndaga Central (OCS/Laf), Phoenix, Utica Proctor, Pulaski, Saranac Lake, Solvay, South Jefferson, South Lewis, Tully, West Genesee, Westhill, Whitesboro @ Cicero- North Syracuse | 4:30 PM | 8:45 PM | CNS HS- Bragman Stadium | | L |
| May 23, 2025 | Fri | Regular Season (CNS Invitational) | @ TBD | 4:30 PM | | CNS HS- Bragman Stadium | Departure Point: AHS Departure Time: 2:15 PM | L |

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| May 29, 2025 | Thu | Post-Season (Sectionals) | @ TBD | 4:30 PM | TBD | Departure Point: AHS Departure Time: 1:45 PM | L |
| Jun 3, 2025 | Tue | Regular Season (State Qualifiers) | @ TBD | 4:00 PM | CNS HS- Bragman Stadium | Departure Point: AHS Departure Time: 2:15 PM | L |
| Jun 13, 2025 | Fri | Regular Season (State Championships) | @ TBD | 11:00 AM | Middletown High School | Departure Point: AHS | L |

Date: 2025-08-14