

Coaches:

- Karen Simmonds-Brady, Head Coach
- Gregory Stowell, Head Coach Brian Pisciotti, Asst Coach

Apr 23, 2024 Thu Regular Season (Branch Apr 23, 2024 Thu Regular Season (Candor) (Regular Season (Reseason	DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
County C	Apr 10, 2024	Wed	Regular Season		_					NL
Apr 17, 2024 Wed Regular Season Manilus @ PM PM Stadium Stadium PM PM Stadium Stadium PM PM Stadium St	CANCELLED Apr 13, 2024	Sat	(South Jefferson Track	@ TBD			TBD		AHS Departure Time:	L
Apr 20, 2024 Sat (Webster Invitational) @ TBD AM Schroeder School School Departure Time: Regular Season (Mest Invitational) PM Westhill High School Track PM Westhill Spring Break (Invitational) PM	Apr 17, 2024	Wed	Regular Season	Manlius @			Baker P/A Stadium		AHS Departure Time:	L
Apr 23, 2024 Tue Point: AHS Part 23, 2024 Pri Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 27, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 28, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 29, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Hhaca Relays, and Races) Apr 26, 2024 Thu Regular Season (Esm) Apr 26, 2024 Thu Regular Season (Candor), and the normal regular Season (Race) Apr 26, 2024 Thu Regular Season (Candor), and the normal regular Season (Race) Apr 26, 2024 Thu Regular Season (Candor), and the normal regular Season (Race) Apr 26, 2024 Thu Regular Season (Candor), and the normal regular Season (Race) Apr 26, 2024 Thu Regular Season (Race) Apr 27, 2024 Thu Regular Season (Race) Apr 28, 2024 Thu Regular Season (Race) Apr 28, 2024 Thu Regular Season (Race) Apr 28, 2024 Thu Regular Season (Race) Apr 29, 2024 Thu Regular Season (Race) Apr 20, 2024 Thu Regular Season (R	Apr 20, 2024	Sat	(Webster				Schroeder		AHS Departure Time:	L
Apr 23, 2024 Thu Regular Season Apr 26, 2024 Fri Regular Season Apr 2, 2024 Thu Regular Season Apr 26, 2024 Thu Regular Season Apr 27, 2024 Apr 27, 2024 Thu Regular Season Apr 27, 2024 Apr 2	Apr 23, 2024	Tue	(WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK	Vs. Multiple			High School		AHS Departure Time:	NL
Apr 26, 2024 Fri Regular Season (Candor), Groton, Solvay, Horseheads, Tioga, Maine-Endwell, Newfield @ Ithaca May 2, 2024 Thu Regular Season (ESM Invitational) Regular Season (Ithaca Relays and Races) Apr 26, 2024 Thu Regular Season (ESM Invitational) Regular Season (PM PM PM PM PM PM PM PM	Apr 23, 2024	Tue	(8th Annual Westhill Spring Break		TBD		High School		AHS Departure Time:	L
Apr 26, 2024 Fri Regular Season (Ithaca Relays and Races) May 2, 2024 Thu Regular Season (ESM Invitational) Regular Season (Ithaca Relays and Races) Apr 26, 2024 Thu Regular Season (ESM Invitational) Regular Season (Ithaca Relays and Races) Regular Season (Ithaca Relays and Races) Regular Season (Ithaca Relays and Races) Solvay, Horseheads, Tioga, Maine-Endwell, Newfield @ Ithaca Henninger Stadium PM Stadium PM Henninger Stadium PM Stadium Departure Point: AHS Departure Point: AHS Departure Time: 2:45 PM Regular Season (ESM Invitational) Regular Season (ESM Invitational) Regular Season (ESM Invitational) August 2024 Med Regular Season (Cicero-North 5:00 Auburn HS -	Apr 25, 2024	Thu	Regular Season							L
May 2, 2024 Thu Regular Season Academy @ Henninger Stadium Henninger Stadium Henninger Stadium Henninger Stadium AHS Departure Time: 2:45 PM Regular Season (ESM Fri (ESM Invitational)) Regular Season (ESM PM School - Stadium May 8, 2024 Mod Regular Season Cicero-North 5:00 Auburn HS -	Apr 26, 2024	Fri	(Ithaca Relays	Trumansburg, Newark Valley, Geneva, Rome Free Academy, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Tioga, Maine- Endwell, Newfield @	5:00		Moresco		AHS Departure Time:	L
May 3, 2024 Fri (ESM @ TBD PM Stadium Onondaga AHS Coach - Stadium Shared 3:00 PM Auburn HS -	May 2, 2024	Thu	Regular Season	Academy @					AHS Departure Time:	L
	May 3, 2024	Fri	(ESM				School -	Onondaga Coach -	AHS Departure Time:	L
	May 8, 2024	Wed	Regular Season							L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 10, 2024	Fri	Regular Season (8th Annual Baldwinsville John Arcaro Co-Ed Classic)	@ TBD	4:00 PM		TBD		Departure Point: AHS - shared Departure Time: 2:30 PM	L
May 10, 2024	Fri	Regular Season (Glenn Loucks Meet)	@ TBD	TBD		White Plains HS	Bus/Driver: 2 District Vans reserved	Departure Point: AHS Departure Time: 8:00 AM	L
May 11, 2024	Sat	Regular Season (Glenn Loucks Meet Day #2)	@ TBD	6:00 AM		White Plains HS		Departure Point: AHS - shared Departure Time: 6:00 AM	L
POSTPONED May 15, 2024	Wed	Regular Season	@ Liverpool	4:30 PM		LIVERPOOL HS STADIUM		Departure Point: AHS Departure Time: 3:00 PM	L
May 16, 2024	Thu	Regular Season (SCAC Metro Division Championships @ Auburn)	Baldwinsville, Cicero-North Syracuse, Fayetteville- Manlius, Henninger, Liverpool, West Genesee	5:00 PM	8:00 PM	Auburn HS - Track			L
May 22, 2024	Wed	Post-Season (Class A Sectional Championship)	Central Square, Oswego, Watertown, Fulton, Whitesboro, Corcoran, Nottingham, Fowler, Jamesville- Dewitt, Carthage, New Hartford, Indian River, Cortland @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium			NL
May 30, 2024	Thu	Regular Season (Section III Championships)	@ TBD	TBD		TBD		Departure Point: AHS	L
Jun 7, 2024	Fri	Regular Season (State Qualifiers)	@ TBD	TBD		TBD		Departure Point: AHS	L

Date: 2024-05-04