

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Apr 13, 2024	Sat	Regular Season (South Jefferson Track Invitational)	@ TBD	10:00 AM		TBD		Departure Point: AHS Departure Time: 7:00 AM	L
Apr 17, 2024	Wed	Regular Season	Fayetteville- Manlius @ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker P/A Stadium TRACK		Departure Point: AHS Departure Time: 3:00 PM	L
Apr 20, 2024	Sat	Regular Season (Webster Invitational)	@ TBD	10:00 AM		Webster Schroeder School		Departure Point: AHS Departure Time: 8:00 AM	L
Apr 23, 2024	Tue	Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL)	Vs. Multiple	1:00 PM		Westhill High School Track		Departure Point: AHS Departure Time: 11:00 AM	NL
Apr 23, 2024	Tue	Regular Season (8th Annual Westhill Spring Break Invitational)	@ TBD	TBD		Westhill High School Track		Departure Point: AHS Departure Time: 11:00 AM	L
Apr 26, 2024	Fri	Regular Season (Ithaca Relays and Races)	Trumansburg, Newark Valley, Geneva, Rome Free Academy, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Tioga, Maine- Endwell, Newfield @ Ithaca	5:00 PM	10:00 PM	IHS Moresco Stadium		Departure Point: AHS Departure Time: 3:00 PM	L
May 2, 2024	Thu	Regular Season	Living Word Academy @ Henninger	4:30 PM		Henninger Stadium		Departure Point: AHS Departure Time: 2:45 PM	L
May 3, 2024	Fri	Regular Season (ESM Invitational)	@ TBD	4:30 PM		ESM High School - Stadium	Bus/Driver: Onondaga Coach - Shared	Departure Point: AHS Departure Time: 3:00 PM	L
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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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 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