

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 11, 2025	Fri	Regular Season (NISKY Elite 5K - Qualifying Standard Event)		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 AM	L
Apr 23, 2025	Wed	Regular Season (Senior Day)	Corcoran	4:30 PM		Auburn HS - Al Wilson Track			L
Apr 26, 2025	Sat	Meet (Chittenango Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Chittenango HS- Stadium, Chittenango HS-Multi Turf	Bus/Driver: FS	Departure Point: AHS Departure Date: Apr 26, 2025 Departure Time: 9:00 AM	NL
Apr 30, 2025	Wed	Regular Season	Jamesville- Dewitt, Henninger, 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 - Randalls Island, NY)	@ TBD	TBD		Icahn Stadium - Randalls Island (NY)		Departure Point: AHS - shared Departure Date: May 2, 2025 Departure Time: 8:00 AM	NL
May 7, 2025	Wed	Regular Season	Fayetteville- Manlius, West Genesee, Henninger @ Baldwinsville	5:00 PM	8:00 PM	Bville - Baker P/A Stadium TRACK		Departure Point: AHS Departure Time: 3:00 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 (TBA)	Departure Point: AHS - shared Departure Time: 9:00 AM	NL
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 10, 2025	Sat	Regular Season (Glenn Loucks Invite, White Plains, NY)	@ TBD	TBD		TBD		Departure Point: AHS - shared Departure Time: 5:00 AM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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
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
May 29, 2025	Thu	Post-Season (Sectionals)	@ TBD	4:30 PM		TBD		Departure Point: AHS Departure Time: 1:45 PM	L
Jun 5, 2025	Thu	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: 2025-12-05