

## Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Mar 28, 2023	Tue	Regular Season	@ TBD	TBD		TBD	Bus/Driver: NO BUS NEEDED		L
Apr 4, 2023	Tue	Meet (Westhill Spring Break Invitational)	Vs. Multiple	1:00 PM		Westhill High School Track		Departure Point: AHS Departure Time: 11:30 AM	NL
Apr 12, 2023	Wed	Regular Season	Fowler, East Syracuse Minoa	4:30 PM		Auburn HS - Track			L
Apr 15, 2023	Sat	Regular Season (Webster Invite)	@ TBD	10:00 AM		Penfield HS		Departure Point: AHS Departure Time: 8:00 AM	L
Apr 19, 2023	Wed	Regular Season	Central Square @ Cortland	5:00 PM	8:00 PM	Cortland Jr- Sr HS Stadium		Departure Point: AHS Departure Time: 3:15 PM	L
Apr 22, 2023	Sat	Regular Season (Square Deal Invite)	@ TBD	10:00 AM		TBD		Departure Point: AHS Departure Time: 7:45 AM	L
Apr 26, 2023	Wed	Regular Season	Oswego @ Fulton	4:30 PM		Fulton High School Stadium Field		Departure Point: AHS Departure Time: 3:00 PM	L
Apr 29, 2023	Sat	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	6:00 PM	Chittenango HS- Stadium		Departure Point: AHS Departure Time: 11:30 AM	NL
May 1, 2023	Mon	Regular Season (Cornwall Steeple Fest)	@ TBD	TBD		Cornwall HS	Bus/Driver: DISTRICT VAN	<b>Departure Point:</b> AHS	L
May 8, 2023	Mon	Regular Season	@ Jamesville- Dewitt	5:00 PM		Fowler High School		Departure Point: AHS Departure Time: 3:45 PM	L
May 12, 2023	Fri	Regular Season (7th Annual Bville John Arcaro Invite)	@ TBD	4:30 PM		Bville - Baker P/A Stadium TRACK		Departure Point: AHS - shared Departure Time: 2:45 PM	L
May 18, 2023	Thu	Regular Season (SCAC League Championship)	Fulton, East Syracuse Minoa, Jamesville- Dewitt, Fowler @ Central Square	4:30 PM		Central Square Turf/Stadium		Departure Point: AHS Departure Time: 2:30 PM	L
May 24, 2023	Wed	Post-Season (Sectionals)	@ TBD	4:00 PM		CNS HS- Bragman Stadium		Departure Point: AHS Departure Time: 2:30 PM	L
Jun 1, 2023	Thu	Regular Season (Section 3 State Qualifiers)		4:00 PM		CNS HS- Bragman Stadium		<b>Departure Point:</b> AHS - shared <b>Departure Time:</b> 2:30 PM	L

DATE	WEEK DAY	OPPONENT	S START EN	ND ME LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Jun 9, 2023	Regular Seas Fri (NYS Championshi	@ TBD	11:00 AM	Middletown HS	<b>Departure Point:</b> AHS <b>Departure Time:</b> 7:00 AM

Date: 2024-09-18