



Liverpool

(G) V Cross Country

Coaches:

- Tracy Vannatta, Head Coach
- Andrew Dionne, Volunteer
- Cameron O'Connell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 21, 2023	Mon	Practice (Practice-LHS)	N/A	3:30 PM	5:00 PM	TBD		
Aug 22, 2023	Tue	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 23, 2023	Wed	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 24, 2023	Thu	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 24, 2023	Thu	Practice (Practice-LHS)	N/A	3:30 PM	5:00 PM	TBD		
Aug 25, 2023	Fri	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 26, 2023	Sat	Practice (Practice Vanburen Park)	N/A	9:00 AM	11:20 AM	TBD		
Aug 28, 2023	Mon	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 28, 2023	Mon	Practice (Practice-LHS)	N/A	3:30 PM	5:00 PM	TBD		
Aug 29, 2023	Tue	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 30, 2023	Wed	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 30, 2023	Wed	Practice (Practice-LHS)	N/A	3:30 PM	5:00 PM	TBD		
Aug 31, 2023	Thu	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Sep 1, 2023	Fri	Practice (Practice @ Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Sep 2, 2023	Sat	Practice (Practice Vanburen Park)	N/A	9:00 AM	11:20 AM	TBD		
Sep 4, 2023	Mon	Practice (Practice Green Lakes)	N/A	7:45 AM	10:00 AM	TBD		
Sep 5, 2023	Tue	Practice (Practice @ Longbranch Park)	N/A	3:00 PM	5:30 PM	TBD		
Sep 6, 2023	Wed	Practice (Practice @ Longbranch Park)	N/A	3:00 PM	5:30 PM	TBD		
Sep 7, 2023	Thu	Practice (Practice-LHS)	N/A	3:00 PM	5:30 PM	TBD		
Sep 8, 2023	Fri	Practice (Practice-LHS)	N/A	3:00 PM	5:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2023	Wed	Regular Season	Cicero-North Syracuse	4:30 PM	4:50 PM	Liverpool Long Branch Park		L
Sep 16, 2023	Sat	Regular Season (VVS Invite)	TBD	TBD		Vernon-Verona Sherrill HS		L
Sep 20, 2023	Wed	Regular Season	Fayetteville-Manlius, Henninger (Henninger)	4:30 PM		Liverpool Long Branch Park		L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	TBD	TBD		TBD		L
Sep 27, 2023	Wed	Regular Season	@ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail		L
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	TBD	TBD		Genesee Valley Park Rochester NY		L
Oct 4, 2023	Wed	Regular Season (Senior Night)	West Genesee @ Auburn	4:30 PM		Auburn - Holland Stadium (Turf)		L
Oct 7, 2023	Sat	Regular Season (Tully Co-Ed Invitational)	Chittenango, Cortland, Fulton, Homer, Nottingham (Nottingham), Bishop Grimes, Bishop Ludden, Cincinnatus, Christian Brothers Academy, Dewitt, Faith Heritage, Livingston Manor, Manlius Pebble Hill, Marcellus, Mexico, Notre Dame, Utica, Pulaski, South Jefferson, Westhill @ Tully	9:00 AM		Tully XC Course		NL
Oct 7, 2023	Sat	Regular Season (Tully Invite)	TBD	TBD		TBD		L
Oct 13, 2023	Fri	Regular Season (Manhattan Invitational)	TBD	TBD		TBD		L
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational)	TBD	TBD		TBD		L
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Jamesville-Dewitt, Fulton, Oswego, Nottingham (Nottingham), East Syracuse Minoa, Central Square, Auburn, West Genesee, Fayetteville-Manlius, Henninger (Henninger), Fowler (Syracuse West), Cicero-North Syracuse @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail		L

Date: 2025-12-05