



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 18, 2025	Mon	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 18, 2025	Mon	Practice (Cross country Practice)	N/A	4:00 PM	5:30 PM	Liverpool HS Fitness Center		
Aug 19, 2025	Tue	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 20, 2025	Wed	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	11:00 AM	TBD		
Aug 21, 2025	Thu	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 22, 2025	Fri	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 22, 2025	Fri	Practice (Cross country Practice)	N/A	4:00 PM	5:30 PM	Liverpool HS Fitness Center		
Aug 23, 2025	Sat	Practice (Cross country Practice Vanburen Park Baldwinsville)	N/A	9:00 AM	11:15 AM	TBD		
Aug 25, 2025	Mon	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 25, 2025	Mon	Practice (Cross country Practice)	N/A	4:00 PM	5:30 PM	Liverpool HS Fitness Center		
Aug 26, 2025	Tue	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 27, 2025	Wed	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Aug 28, 2025	Thu	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 28, 2025	Thu	Practice (Cross country Practice)	N/A	4:00 PM	6:00 PM	Liverpool HS Fitness Center		
Aug 29, 2025	Fri	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:00 AM	TBD		
Aug 30, 2025	Sat	Practice (Cross country Practice Vanburen Park Baldwinsville)	N/A	9:00 AM	11:15 AM	TBD		
Sep 1, 2025	Mon	Practice (Cross country Practice Green Lakes State Park)	N/A	7:45 AM	10:15 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2025	Tue	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Sep 3, 2025	Wed	Practice (Cross country Practice Longbranch Park)	N/A	8:00 AM	10:30 AM	TBD		
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Vernon-Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS		NL
Sep 10, 2025	Wed	Regular Season (SCAC Relays)	Cicero-North Syracuse, Baldwinsville, West Genesee, Corcoran (Syracuse West), Henninger (Henninger), Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Oswego, Central Square @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field		L
Sep 17, 2025	Wed	Regular Season	@ Cicero-North Syracuse	5:00 PM	6:50 PM	CNS-Oneida Shores-Arrowhead Lodge		L
Sep 24, 2025	Wed	Regular Season	@ West Genesee	4:30 PM		TBD		L
Oct 1, 2025	Wed	Regular Season	Nottingham (Nottingham), Baldwinsville	4:30 PM	5:00 PM	Liverpool Long Branch Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2025	Wed	Regular Season	Henninger (Henninger), Corcoran (Syracuse West)	5:00 PM		Liverpool Long Branch Park		L
Oct 18, 2025	Sat	Meet (Marcellus XC Invitational)	Vs. Multiple	9:00 AM	2:00 PM	Marcellus Park		NL
Oct 22, 2025	Wed	Regular Season (SCAC Championships)	Auburn, Central Square, Corcoran (Syracuse West), Fayetteville-Manlius, Fulton, Fowler (Syracuse West), Henninger (Henninger), Jamesville-Dewitt, Cicero-North Syracuse, Nottingham (Nottingham), West Genesee, Oswego, East Syracuse Minoa @ Baldwinsville	4:30 PM		Bville - Durgee Cross Country Trail		L

Date: 2025-12-05