



Liverpool

(G) 7/8TH Cross Country

Coaches:

- Gregory Hamilton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice	N/A	9:00 AM	10:15 AM	TBD		
Aug 30, 2022	Tue	Practice	N/A	9:00 AM	10:15 AM	TBD		
Aug 31, 2022	Wed	Practice	N/A	9:00 AM	10:15 AM	TBD		
Sep 1, 2022	Thu	Practice	N/A	9:00 AM	10:15 AM	TBD		
Sep 2, 2022	Fri	Practice	N/A	9:00 AM	10:15 AM	TBD		
Sep 6, 2022	Tue	Practice	N/A	3:30 PM	5:15 PM	TBD		
Sep 7, 2022	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD		
Sep 14, 2022	Wed	Regular Season	Cicero-North Syracuse	4:30 PM		Liverpool Long Branch Park		L
Sep 17, 2022	Sat	Regular Season (ESM Invite)	TBD	TBD		Pine Grove MS		L
Sep 21, 2022	Wed	Regular Season	Henninger @ Fayetteville-Manlius	5:00 PM		FM Cross Country		L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invite)	TBD	TBD		TBD		NL
Sep 28, 2022	Wed	Regular Season	Baldwinsville	5:45 PM	6:00 PM	Liverpool Long Branch Park		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Invite)	TBD	TBD		Whitesboro High School		NL
Oct 5, 2022	Wed	Regular Season	Nottingham @ West Genesee	5:00 PM		TBD		L
Oct 8, 2022	Sat	Regular Season (Rome Invite)	TBD	4:30 PM		RFA Cross Country Course		NL

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Oct 15, 2022	Sat	Regular Season	Westhill, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Cincinnatus, Cicero-North Syracuse, East Syracuse Minoa, Fayetteville-Manlius, Fulton, Jamesville-Dewitt, Mexico, Manlius Pebble Hill, Notre Dame, Utica, Oneida, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Whitesboro, Chittenango @ Tully	8:45 AM	2:00 PM	Tully XC Course		NL
Oct 15, 2022	Sat	Regular Season (Tully Invite)	TBD	TBD		Tully HS		NL
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Cicero-North Syracuse, Nottingham, West Genesee, Baldwinsville, Henninger, Fulton, Central Square, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West), Oswego, Auburn @ East Syracuse Minoa	5:30 PM	7:00 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-13