



Liverpool

(G) 7/8TH Cross Country

Coaches:

- Gregory Hamilton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2023	Mon	Practice	N/A	8:00 AM	9:30 AM	Liverpool MS FLD 2		
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	9:30 AM	Liverpool MS FLD 2		
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	9:30 AM	Liverpool MS FLD 2		
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	Liverpool MS FLD 2		
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	Liverpool MS FLD 2		
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:15 PM	TBD		
CANCELLED Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:15 PM	TBD		
Sep 7, 2023	Thu	Practice	N/A	3:30 PM	5:15 PM	TBD		
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	5:15 PM	TBD		
Sep 13, 2023	Wed	Regular Season	Cicero-North Syracuse	5:30 PM		Liverpool Long Branch Park		L
Sep 16, 2023	Sat	Regular Season (ESM Invite)	TBD	TBD		Pine Grove MS		L
Sep 20, 2023	Wed	Regular Season	Fayetteville-Manlius, Henninger	5:30 PM		Liverpool Long Branch Park		L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	TBD	TBD		TBD		L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	TBD	TBD		TBD		L
Sep 27, 2023	Wed	Regular Season	@ Baldwinsville	5:30 PM	5:45 PM	Bville - Durgee Cross Country Trail		L
Sep 30, 2023	Sat	Regular Season (EJ Hermann Invite)	TBD	TBD		TBD		L
Oct 4, 2023	Wed	Regular Season	West Genesee @ Auburn	5:30 PM		Auburn - Holland Stadium (Turf)		L
Oct 7, 2023	Sat	Regular Season (Tully Invite)	TBD	TBD		TBD		L
Oct 14, 2023	Sat	Regular Season (Rome Invite)	TBD	TBD		RFA Cross Country Course		L

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Oct 19, 2023	Thu	Regular Season (SCAC Modified XC Invitational)	Oswego, Fulton, Jamesville-Dewitt, Auburn, Nottingham, Corcoran (Syracuse West), Henninger, Cicero-North Syracuse, Fayetteville- Manlius, West Genesee, Baldwinsville, Central Square @ East Syracuse Minoa	4:30 PM	7:30 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-05