



# Liverpool

## (G) 7/8TH Cross Country

### Coaches:

- Gregory Hamilton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 25, 2025	Mon	Practice (Modified XC Practice)	N/A	9:00 AM	10:30 AM	TBD		
Aug 26, 2025	Tue	Practice (Modified XC Practice)	N/A	9:00 AM	10:30 AM	TBD		
Aug 27, 2025	Wed	Practice (Modified XC Practice)	N/A	9:00 AM	10:30 AM	TBD		
Aug 28, 2025	Thu	Practice (Modified XC Practice)	N/A	9:00 AM	10:30 AM	TBD		
Aug 29, 2025	Fri	Practice (Modified XC Practice)	N/A	9:00 AM	10:30 AM	TBD		
Sep 2, 2025	Tue	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 3, 2025	Wed	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 4, 2025	Thu	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 5, 2025	Fri	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 8, 2025	Mon	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 9, 2025	Tue	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 10, 2025	Wed	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 11, 2025	Thu	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 12, 2025	Fri	Practice (Modified XC Practice)	N/A	3:30 PM	5:00 PM	TBD		
Sep 13, 2025	Sat	Regular Season (ESM Invitational)	TBD	TBD		Pine Grove Cross Country Track		NL
Sep 20, 2025	Sat	Regular Season (Bville Invitational)	TBD	TBD		Bville - Durgee Jr. High School		L
Sep 24, 2025	Wed	Regular Season @ West Genesee		5:30 PM		TBD		L
Sep 27, 2025	Sat	Regular Season (Hermann Invitational )	TBD	TBD		Proctor Park		NL
Oct 1, 2025	Wed	Regular Season	Baldwinsville, Nottingham	5:30 PM	5:45 PM	Liverpool Long Branch Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2025	Sat	Meet (Tully XC Invite - JH)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 8, 2025	Wed	Regular Season	Henninger, Corcoran (Syracuse West)	5:30 PM		Liverpool Long Branch Park		L
Oct 15, 2025	Wed	Regular Season	@ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field		L
Oct 18, 2025	Sat	Meet (Marcellus XC Invitational)	Vs. Multiple	9:00 AM	11:00 AM	Marcellus Park		NL
Oct 23, 2025	Thu	Regular Season (SCAC Modified Meet)	Fulton, Auburn, Fayetteville-Manlius, East Syracuse Minoa, Jamesville-Dewitt, Central Square, Cicero-North Syracuse, Henninger, Nottingham, West Genesee, Baldwinsville, Corcoran (Syracuse West), Fowler (Syracuse West) @ Oswego	4:30 PM	5:00 PM	Oswego Middle School Cross Country Trail		L

Date: 2025-12-13