



Liverpool

(B) V Outdoor Track

Coaches:

- Jon DiStefano, Head Coach
- Emily Flohr, Asst Coach
- Brian Arnold

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 23, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Mar 24, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Mar 25, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Mar 26, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Mar 27, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Mar 30, 2026	Mon	Practice	N/A	9:00 AM	10:30 AM	LIVERPOOL HS STADIUM		
Mar 31, 2026	Tue	Practice	N/A	9:00 AM	10:30 AM	LIVERPOOL HS STADIUM		
Apr 1, 2026	Wed	Practice	N/A	9:00 AM	10:30 AM	LIVERPOOL HS STADIUM		
Apr 2, 2026	Thu	Practice	N/A	9:00 AM	10:30 AM	LIVERPOOL HS STADIUM		
Apr 3, 2026	Fri	Practice	N/A	9:00 AM	10:30 AM	LIVERPOOL HS STADIUM		
Apr 6, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 8, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 9, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 10, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 13, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 14, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 15, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 15, 2026	Wed	Regular Season	Henninger, Nottingham	4:30 PM		LIVERPOOL HS STADIUM		L
Apr 17, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 20, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 21, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 22, 2026	Wed	Regular Season	West Genesee @ Fayetteville-Manlius	4:30 PM	10:00 PM	Hornet Stadium		L
Apr 23, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 24, 2026	Fri	Meet (Chittenango Invitational)	Vs. Multiple	4:00 PM	9:00 PM	Chittenango HS-Stadium, Chittenango HS-Multi Turf		NL
Apr 27, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		

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Apr 28, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Apr 29, 2026	Wed	Regular Season	@ Cicero-North Syracuse	4:00 PM	8:45 PM	CNS HS- Bragman Stadium		L
Apr 30, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 1, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 4, 2026	Mon	Regular Season (ESM Track Invitational)	Fowler, Bishop Ludden, Living Word Academy, Pulaski, Fulton, Cazenovia, OnTech High School, Phoenix, Mexico, Tully, Canastota, Nottingham, Jamesville-Dewitt, Cicero-North Syracuse, Central Square, Syracuse Academy of Science @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium		NL
May 5, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 6, 2026	Wed	Regular Season	Baldwinsville	4:30 PM	7:30 PM	LIVERPOOL HS STADIUM		L
May 7, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 11, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 12, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 13, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 14, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 15, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 16, 2026	Sat	Regular Season (Invitational)	New Hartford	10:00 AM		LIVERPOOL HS STADIUM		L
May 16, 2026	Sat	Regular Season (Liverpool Invitational)	Phoenix	10:00 AM		LIVERPOOL HS STADIUM		L
May 16, 2026	Sat	Regular Season (Liverpool invite)	Vernon-Verona-Sherrill	10:00 AM		TBD		NL
May 18, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 19, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 20, 2026	Wed	Regular Season (SCAC Metro)	Cicero-North Syracuse, Henninger, Nottingham, West Genesee, Fayetteville-Manlius @ Baldwinsville	5:00 PM	8:00 PM	Bville - Baker P/A Stadium TRACK		L
May 21, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 22, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		

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May 25, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 26, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 27, 2026	Wed	Post-Season (Section 3 Championships)	TBD	4:30 PM		CNS HS-Bragman Stadium		L
May 28, 2026	Thu	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
May 29, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Jun 1, 2026	Mon	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Jun 2, 2026	Tue	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Jun 3, 2026	Wed	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Jun 4, 2026	Thu	Post-Season (NYS Qualifier)	TBD	4:30 PM		CNS HS-Bragman Stadium		NL
Jun 5, 2026	Fri	Practice	N/A	3:00 PM	5:00 PM	LIVERPOOL HS STADIUM		
Jun 13, 2026	Sat	Post-Season (NYSPHSAA meet @ Webster)	TBD	TBD		TBD		L

Date: 2026-05-10