



# Liverpool

## (G) V Outdoor Track

### Coaches:

- Gregory Hamilton, Head Coach
- Jon DiStefano, Asst Coach
- Emily Flohr, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 16, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 20, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 21, 2023	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 22, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 23, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 24, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 27, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 28, 2023	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 29, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 30, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Mar 31, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:15 PM	LIVERPOOL HS STADIUM, LIVERPOOL HS MAIN GYMNASIUM		
Apr 4, 2023	Tue	Meet (Westhill Spring Break Invitational)	Vs. Multiple	1:00 PM		Westhill High School Track		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 12, 2023	Wed	Regular Season	Corcoran @ Henninger	4:30 PM		Henninger Stadium		L
Apr 19, 2023	Wed	Regular Season	@ Baldwinsville	5:00 PM	7:00 PM	Bville - Baker P/A Stadium TRACK		L
Apr 26, 2023	Wed	Regular Season	West Genesee, Nottingham	4:30 PM	9:00 PM	LIVERPOOL HS STADIUM		L
Apr 29, 2023	Sat	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	6:00 PM	Chittenango HS-Stadium		NL
May 6, 2023	Sat	Regular Season (MEET Hilton High School )	@ TBD	4:30 PM		TBD		L
May 10, 2023	Wed	Regular Season	Fayetteville-Manlius @ Cicero-North Syracuse	4:30 PM	8:45 PM	CNS HS-Bragman Stadium		L
May 12, 2023	Fri	Regular Season (Meet B'ville John Arcaro Classic)	@ TBD	4:30 PM		TBD		L
May 18, 2023	Thu	Post-Season (SCAC Metro)	Fayetteville-Manlius, Cicero-North Syracuse, West Genesee, Corcoran, Henninger, Nottingham @ Baldwinsville	5:00 PM	8:00 PM	Bville - Baker P/A Stadium TRACK		L

Date: 2025-12-14