



# 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 12, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 13, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 14, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 15, 2024	Fri	Practice (Practice (TBD))	N/A	11:30 AM	1:30 PM	TBD		
Mar 18, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 19, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 20, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 21, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 22, 2024	Fri	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 25, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 26, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 27, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Mar 28, 2024	Thu	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Apr 1, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Apr 2, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:15 PM	TBD		
Apr 10, 2024	Wed	Regular Season	Baldwinsville	4:30 PM	6:30 PM	LIVERPOOL HS STADIUM		L
Apr 17, 2024	Wed	Regular Season	West Genesee	4:30 PM		LIVERPOOL HS STADIUM		L
Apr 22, 2024	Mon	Regular Season (Chittenango Invitational /Chittenango High School)	@ TBD	1:00 PM		TBD		L
Apr 23, 2024	Tue	Regular Season	Baldwinsville, West Genesee, Living Word Academy @ Cicero-North Syracuse	10:00 AM	2:00 PM	CNS HS- Bragman Stadium		L
Apr 26, 2024	Fri	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	7:00 PM	Chittenango HS- Stadium		NL
Apr 29, 2024	Mon	Regular Season	Fayetteville-Manlius	4:30 PM		LIVERPOOL HS STADIUM		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2024	Sat	Regular Season (Al Mullan Runnin Cadet Classic/ Hilton High School)	@ TBD	4:30 PM		TBD		L
May 8, 2024	Wed	Regular Season	@ Henninger	4:30 PM		Henninger Stadium		L
May 10, 2024	Fri	Regular Season (John Arcaro Co-ED Classic /Baldwinsville)	@ TBD	4:00 PM		TBD		L
May 16, 2024	Thu	Regular Season (SCAC Metro Division Championships @ Auburn)	Baldwinsville, Cicero-North Syracuse, Fayetteville-Manlius, Henninger, West Genesee @ Auburn	5:00 PM	8:00 PM	Auburn HS - Al Wilson Track		L
May 22, 2024	Wed	Post-Season (Sectional meet @CNS)	TBD	4:30 PM		TBD		L

Date: 2025-12-08