



# Liverpool

## (G) V Winter Track

### Coaches:

- Gregory Hamilton, Head Coach
- Brian Arnold, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 15, 2022	Tue	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 16, 2022	Wed	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 17, 2022	Thu	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 18, 2022	Fri	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 19, 2022	Sat	Practice (Indoor Practice schedule)	N/A	9:00 AM	10:15 AM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 21, 2022	Mon	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 22, 2022	Tue	Practice (Indoor Track Practice Schedule)	N/A	3:00 PM	5:30 PM	LIVERPOOL HS MAIN GYMNASIUM		
Nov 30, 2022	Wed	Regular Season (CNYITA )	TBD	4:30 PM		Onondaga Community College		L
Dec 1, 2022	Thu	Regular Season (CNYITA )	TBD	4:30 PM		Onondaga Community College		L
Dec 11, 2022	Sun	Regular Season (CNYITA )	TBD	9:00 AM		Onondaga Community College		L
Dec 17, 2022	Sat	Regular Season (CNYITA )	TBD	9:00 AM		Onondaga Community College		L
Jan 6, 2023	Fri	Regular Season (MVITA Meet)	TBD	4:30 PM		Utica College		L
Jan 7, 2023	Sat	Regular Season (CNYITA )	TBD	9:00 AM		Onondaga Community College		L
Jan 14, 2023	Sat	Regular Season (CNYITA )	TBD	9:00 AM		Onondaga Community College		L
Jan 21, 2023	Sat	Regular Season (CNYITA Senior March)	TBD	9:00 AM		Onondaga Community College		L
Feb 2, 2023	Thu	Regular Season (CNYITA SCAC Championship)	TBD	4:30 PM		Onondaga Community College		L
Feb 9, 2023	Thu	Regular Season (CNYITA Sectionals )	TBD	4:30 PM		Onondaga Community College		L
Feb 15, 2023	Wed	Regular Season (State Qualifier)	TBD	4:30 PM		Onondaga Community College		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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Mar 4, 2023	Sat	Regular Season (NYSPHSAA Championships)	TBD	TBD		Ocean Breeze, Staten Island		L
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Date: 2025-12-19