



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 17, 2025	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 18, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 19, 2025	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 20, 2025	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 21, 2025	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 24, 2025	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Nov 25, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 1, 2025	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 2, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 3, 2025	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 4, 2025	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 5, 2025	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 8, 2025	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 9, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 10, 2025	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 11, 2025	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 12, 2025	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	LHS Cafeteria		
Dec 13, 2025	Sat	Regular Season (Jack Morse Kickoff)	TBD	9:00 AM	2:00 PM	Onondaga Community College		L
Dec 19, 2025	Fri	Regular Season (Oscar Jensen Memorial Relays)	TBD	4:30 PM	9:00 PM	Onondaga Community College		L
Jan 3, 2026	Sat	Regular Season	TBD	9:00 AM	4:00 PM	Onondaga Community College		L
Jan 10, 2026	Sat	Regular Season (John Arcaro Memorial)	TBD	9:00 AM	8:00 PM	Onondaga Community College		L
Jan 16, 2026	Fri	Regular Season	TBD	4:30 PM	9:00 PM	Onondaga Community College		L
Jan 17, 2026	Sat	Regular Season (Jack Reed Upstate Showcase @NAZ)	TBD	TBD		TBD		NL
Jan 27, 2026	Tue	Post-Season (SCAC Championships)	TBD	4:30 PM	9:30 PM	Onondaga Community College		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 6, 2026	Fri	Post-Season (Section 3 Championships)	TBD	4:30 PM	8:30 PM	Onondaga Community College		L
Feb 11, 2026	Wed	Post-Season (State Qualifier)	TBD	4:30 PM	8:30 PM	Onondaga Community College		L
Mar 6, 2026	Fri	Post-Season (NYSPHSAA Championships 3/6 and 7)	TBD	TBD		Ocean Breeze, Staten Island		L

Date: 2025-12-14