



Liverpool

(B) V Winter Track

Coaches:

- Michael Cabrinha, Head Coach
- Nicholas Pallotta, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 Sectional Championship)	TBD	4:30 PM		Onondaga Community College		L
Feb 9, 2023	Thu	Regular Season (CNYITA SCAC leagues)	TBD	4:30 PM		Onondaga Community College		L
Feb 15, 2023	Wed	Regular Season (NYSPHSAA Qualifier)	TBD	4:30 PM		Onondaga Community College		L
Mar 4, 2023	Sat	Regular Season (NYSPHSAA Championships)	TBD	TBD		Ocean Breeze, Staten Island		L
TBD		Practice (Boys Track starts on Monday Nov. 14th. Practices are after school from 3-5 or 5:30. There are no cuts and therefore no tryouts. Weekend practices will be determined weekly.)		N/A	TBD	TBD		

Date: 2023-05-28