



Liverpool

(G) V Cross Country

Coaches:

- Tracy Vannatta, Head Coach
- Andrew Dionne, Volunteer
- Cameron O'Connell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice (Practice Longbranch Park)	N/A	7:45 AM	10:00 AM	Liverpool Long Branch Park		
Aug 26, 2024	Mon	Practice (Practice LHS)	N/A	4:00 PM	6:00 PM	LIVERPOOL HS MAIN GYMNASIUM		
Aug 27, 2024	Tue	Practice (Practice Longbranch Park)	N/A	7:45 AM	10:00 AM	Liverpool Long Branch Park		
Aug 28, 2024	Wed	Practice (Practice Longbranch Park(time Trial))	N/A	7:45 AM	10:15 AM	Liverpool Long Branch Park		
Aug 29, 2024	Thu	Practice (Practice Longbranch Park)	N/A	7:45 AM	9:45 AM	Liverpool Long Branch Park		
Aug 29, 2024	Thu	Practice (Practice LHS)	N/A	4:00 PM	6:00 PM	TBD		
Aug 30, 2024	Fri	Practice (Practice Longbranch Park)	N/A	7:45 AM	9:45 AM	Liverpool Long Branch Park		
Aug 31, 2024	Sat	Practice (Practice Vanburen Park)	N/A	9:00 AM	11:15 AM	TBD		
Sep 2, 2024	Mon	Practice (Practice Green Lakes State Park)	N/A	7:45 AM	10:15 AM	TBD		
Sep 3, 2024	Tue	Practice (Practice Longbranch Park)	N/A	3:00 PM	5:15 PM	Liverpool Long Branch Park		
Sep 4, 2024	Wed	Practice (Practice Longbranch Park)	N/A	3:00 PM	5:15 PM	TBD		
Sep 5, 2024	Thu	Practice (Practice LHS)	N/A	3:00 PM	5:15 PM	TBD		
Sep 6, 2024	Fri	Practice (Practice LHS)	N/A	3:00 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen (Remsen/Town of Webb), Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 17, 2024	Tue	Regular Season	West Genesee, Corcoran (Syracuse West)	5:00 PM		Liverpool Long Branch Park		L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	TBD	TBD		Baldwinsville Durgee Jr HS		L
Sep 25, 2024	Wed	Regular Season	@ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Sep 28, 2024	Sat	Regular Season (McQuaid Invite)	TBD	9:00 AM		Genesee Valley Park Rochester NY		L
Oct 2, 2024	Wed	Regular Season	Fayetteville-Manlius, Cicero-North Syracuse	5:00 PM		Liverpool Long Branch Park		L
CANCELLED Oct 9, 2024	Wed	Regular Season	@ Oswego	5:00 PM		Oswego Middle School Cross Country Trail		L
Oct 13, 2024	Sun	Regular Season (Manhattan Invitational)	TBD	TBD		Manhattan College		L
Oct 16, 2024	Wed	Regular Season	Henninger (Henninger)	5:00 PM		Longbranch Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		Marcellus Park		NL
Oct 19, 2024	Sat	Regular Season (Marcellus XC Invitational)	TBD	TBD		Marcellus Park		L
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Fayetteville-Manlius, Fulton, Auburn, Jamesville-Dewitt, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee, Baldwinsville @ East Syracuse Minoa	5:10 PM		ESM Kirkville Rd. Field		L

Date: 2024-09-27