



# Lake George

## (B) V Cross Country

### Coaches:

- Garrett Smith, Head Coach
- Cody Stinson
- Steve Guidetti
- Kevin Burrall

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 22, 2023	Tue	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 23, 2023	Wed	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 24, 2023	Thu	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 25, 2023	Fri	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 28, 2023	Mon	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 29, 2023	Tue	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 30, 2023	Wed	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 31, 2023	Thu	Practice (Varsity XC practice (Boys & Girls))	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
POSTPONED Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
POSTPONED Sep 7, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 12, 2023	Tue	Meet (Adirondack League Pre-Season Scrimmage)	Vs. Multiple	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 15, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 18, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 18, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 19, 2023	Tue	Regular Season	Argyle (Fort Edward/Argyle)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 20, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 20, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 21, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 21, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 25, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 25, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 26, 2023	Tue	Regular Season	Warrensburg (Warrensburg - Bolton)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 27, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 27, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 28, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 29, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 29, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 2, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 2, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 3, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 4, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 4, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 5, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 5, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 6, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 6, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 17, 2023	Tue	Regular Season	North Warren, Warrensburg (Warrensburg - Bolton)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L

Date: 2024-04-09