



# 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		

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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
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 (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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 23, 2023	Sat	Regular Season (Queensbury Invy)	@ TBD	8:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:30 AM	L
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		
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		
Sep 30, 2023	Sat	Regular Season (Kdawg)	@ TBD	8:00 AM		Moreau Recreational Park	<b>Departure Time:</b> 7:30 AM	L
Oct 2, 2023	Mon	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
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 3, 2023	Tue	Regular Season	Hartford (Granville-Whitehall-Hartford) @ Granville (Granville-Whitehall-Hartford)	4:00 PM		Sam Eppolito Track Complex	Departure Time: 3:15 PM	L
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 7, 2023	Sat	Regular Season (Grout-Schenectady )	@ TBD	8:00 AM		Central Park	Departure Time: 7:00 AM	L
Oct 10, 2023	Tue	Regular Season	@ Hadley-Luzerne (Corinth/Hadley Luzerne)	4:00 PM		Stuart M. Townsend Elementary School	Departure Time: 3:30 PM	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy )	@ TBD	9:00 AM		Spa Park	Departure Time: 7:30 AM	NL
Oct 17, 2023	Tue	Regular Season	North Warren, Warrensburg (Warrensburg - Bolton)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Oct 26, 2023	Thu	Meet (Adirondack League Championships)	Vs. Multiple	4:30 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 3:30 PM	NL
Nov 4, 2023	Sat	Post-Season (Sectionals)	@ TBD	12:30 PM		Queensbury HS	Departure Time: 10:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON- LEAGUE	LEAGUE
Nov 11, 2023	Sat	Post-Season (NYSPHSAA State Championships)	@ TBD	11:00 AM		Cross Country Course	<b>Departure Point:</b> Wilton Mall (Dicks Sporting Goods) <b>Departure Date:</b> Nov 10, 2023 <b>Departure Time:</b> 9:30 AM	NL

Date: 2025-12-17