



# 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 26, 2024	Mon	Practice (Varsity XC practice)	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 27, 2024	Tue	Practice (Varsity XC practice)	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 28, 2024	Wed	Practice (Varsity XC practice)	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 29, 2024	Thu	Practice (Varsity XC practice)	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 30, 2024	Fri	Practice (Varsity XC practice)	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 3, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

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Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:30 AM	NL
Sep 18, 2024	Wed	Scrimmage (Pre Season Scrimmage @ Lake George)	Corinth (Corinth/Hadley Luzerne), Granville (Granville-Whitehall-Hartford), Argyle (Argyle), North Warren, Warrensburg (Warrensburg - Bolton)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		NL
Sep 24, 2024	Tue	Regular Season	Argyle (Argyle)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 28, 2024	Sat	Regular Season (11th Annual SGF John Killian "K-DAWG" Memorial XC Invitational)	Schuylerville, Gloversville, Ausable Valley, Lansingburgh, Broadalbin-Perth, Greenwich, North Warren, Plattsburgh, Duanesburg, Maple Hill, Sachem North, Fair Haven, Granville (Granville-Whitehall-Hartford), Hudson Falls @ South Glens Falls	9:00 AM		Moreau Recreational Park	<b>Departure Time:</b> 7:30 AM	NL
Oct 1, 2024	Tue	Regular Season	@ Warrensburg (Warrensburg - Bolton)	4:00 PM		Warrensburg Recreation Field	<b>Departure Time:</b> 3:20 PM	L
Oct 5, 2024	Sat	Regular Season (Grout-Schenectady )	@ TBD	9:00 AM	5:55 PM	Schenectady High School Track & Field	<b>Departure Time:</b> 7:00 AM	NL

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Oct 8, 2024	Tue	Regular Season	Granville (Granville-Whitehall-Hartford)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Oct 12, 2024	Sat	Regular Season	Saratoga Springs High School, Niskayuna High School, Shaker High School, Shenendehowa High School, Ballston Spa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 7:00 AM	NL
Oct 15, 2024	Tue	Regular Season	Corinth (Corinth/Hadley Luzerne)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Oct 22, 2024	Tue	Regular Season	@ North Warren	4:00 PM		NW High School	<b>Departure Time:</b> 3:20 PM	L
Oct 23, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 24, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 25, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 28, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 29, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 30, 2024	Wed	Meet (Adirondack League XC Championships)	Vs. Multiple	3:00 PM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 1:20 PM	NL
Nov 1, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 4, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

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Nov 5, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 6, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 7, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 8, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 9, 2024	Sat	Regular Season (Sectionals)	Amsterdam, Schuylerville @ Queensbury	11:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 11:00 AM	NL
Nov 11, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 12, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 13, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 14, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 15, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Roy C Ketcham/ Wappingers JHS, South Lewis, Oswego, Auburn, Notre Dame, Elmira @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:30 AM	NL

Date: 2025-12-05