



# Lake George

## (B) MOD7/8/9 Cross Country

### Coaches:

- Cody Stinson
- Zoe Mather
- Steve Guidetti
- Garrett Smith
- Kevin Burrall

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Aug 28, 2023	Mon	Practice (Modified XC practice (Boys & Girls))	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 29, 2023	Tue	Practice (Modified XC practice (Boys & Girls))	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 30, 2023	Wed	Practice (Modified XC practice (Boys & Girls))	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 31, 2023	Thu	Practice (Modified XC practice (Boys & Girls))	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
POSTPONED Sep 6, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
POSTPONED Sep 7, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	4:30 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 19, 2023	Tue	Regular Season	Argyle (Fort Edward/Argyle)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 23, 2023	Sat	Regular Season (Queensbury Invy)	@ TBD	8:00 AM		Queensbury HS, Trails @ Elem. School		L

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

Date: 2024-04-26