



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 | 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 | Departure Time: 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 | Departure Time: 3:15 PM | L |
| 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 | 3:30 PM | | Queensbury HS, Trails @ Elem. School | Departure Time: 2:00 PM | NL |

Date: 2024-05-05