



Lake George (B) V Outdoor Track

Coaches:

- Steve Guidetti, Head Coach
- Kevin Burrall
- Cody Stinson
- Jenna Smith
- Christopher Brown

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON- LEAGUE
Mar 13, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 14, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 16, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 17, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 20, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 21, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 22, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 23, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 24, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Mar 29, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 30, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center		
Mar 31, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center		
Apr 3, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center		
Apr 4, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	Lake George Elementary School - #8 Track		
Apr 5, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Lake George Elementary School - #8 Track		
Apr 6, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	Lake George Elementary School - #8 Track		
Apr 10, 2023	Mon	Practice	N/A	9:00 AM	10:30 AM	Lake George Elementary School - #8 Track		
Apr 12, 2023	Wed	Practice	N/A	9:00 AM	10:30 AM	Lake George Elementary School - #8 Track		
Apr 14, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	Lake George Elementary School - #8 Track		
Apr 17, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 18, 2023	Tue	Regular Season	@ Granville	4:00 PM		Sam Eppolito Track Complex	Departure Time: 2:45 PM	L
Apr 19, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 20, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 21, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 24, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 25, 2023	Tue	Regular Season	Salem (Cambridge-Salem)	4:30 PM		Lake George Elementary School - #8 Track		L
Apr 26, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 27, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
Apr 28, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 29, 2023	Sat	Regular Season (Anthony Luciano Memorial Track Invitational)	Coxsackie-Athens, Greenville, Saranac, Queensbury, South Glens Falls, Glens Falls, Burnt Hills-Ballston Lake HS, Schuylerville, Guilderland High School, Beekmantown, Ausable Valley, Broadalbin-Perth, Shaker High School, Ichabod Crane, Greenwich, Mount Anthony, Stillwater, Ballston Spa High School, Scotia-Glenville, Taconic Hills @ Hudson Falls	9:30 AM		Hudson Falls HS		NL
Apr 29, 2023	Sat	Regular Season (Hudson Falls Invitational)	@ TBD	10:00 AM		Hudson Falls HS	Departure Time: 7:00 AM	L
May 2, 2023	Tue	Regular Season	@ Corinth (Corinth/HL)	4:00 PM		Corinth Elementary	Departure Time: 3:15 PM	L
May 4, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 4, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 5, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 5, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 6, 2023	Sat	Regular Season (Glens Falls George Muse Relays)	@ TBD	1:00 PM		Glens Falls High School Track	Departure Time: 11:30 AM	L
May 8, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 9, 2023	Tue	Regular Season	Warrensburg, Whitehall	4:30 PM		Lake George Elementary School - #8 Track		L
May 10, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 11, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 12, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #8 Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 13, 2023	Sat	Regular Season (QBY INVY)	Saratoga Springs High School, Burnt Hills-Ballston Lake HS, Ichabod Crane, Schuylerville, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS	Departure Time: 7:45 AM	L
May 13, 2023	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:00 AM		Queensbury HS Stadium/Track	Departure Time: 7:45 AM	L
May 15, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 16, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 17, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 18, 2023	Thu	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 19, 2023	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #8 Track		
May 20, 2023	Sat	Regular Season (Adirondack League Championships)	Corinth (Corinth/HL), Whitehall, Warrensburg, Salem (Cambridge-Salem), Granville	1:00 PM		Lake George Elementary School - #8 Track		L
May 22, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 23, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	Lake George Elementary School - #8 Track		
May 24, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track		
May 25, 2023	Thu	Regular Season (Sectionals)	@ TBD	4:00 PM		Fonda-Fultonville HS	Departure Time: 1:30 PM	L
May 26, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track		
Jun 1, 2023	Thu	Post-Season (State Qualifiers)	@ TBD	5:00 PM		Shen High School East Stadium (Track)	Departure Time: 3:15 PM	NL
Jun 2, 2023	Fri	Post-Season (State Qualifiers)	@ TBD	4:00 PM		Shen High School East Stadium (Track)	Departure Time: 1:30 PM	NL
Jun 9, 2023	Fri	Post-Season (State Track Meet)	@ TBD	9:00 AM		Middletown HS	Departure Date: Jun 8, 2023 Departure Time: 2:30 PM	NL
Jun 10, 2023	Sat	Post-Season (State Track Meet)	@ TBD	9:00 AM		Middletown HS		NL

Date: 2025-12-22

