



Lake George

(B) MOD7/8/9 Outdoor Track

Coaches:

- Garrett Smith
- Jill Long

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 16, 2023	Thu	Practice (Info Session/ Orientation (Optional)- This is not a Practice)	N/A	2:40 PM	4:00 PM	Lake George High School		
Mar 20, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 21, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 22, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 23, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 24, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 27, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 28, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 29, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 30, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Mar 31, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Apr 3, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Apr 4, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary		
Apr 17, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 18, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 19, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
CANCELLED Apr 20, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		

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Apr 20, 2023	Thu	Regular Season	Corinth (Corinth/HL), Granville, Salem (Cambridge-Salem), Whitehall	4:30 PM		Lake George Elementary School - #8 Track		L
Apr 21, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 24, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 25, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 26, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
CANCELLED Apr 27, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
Apr 27, 2023	Thu	Regular Season	Corinth (Corinth/HL), Salem (Cambridge-Salem), Whitehall @ Granville	4:30 PM		Sam Eppolito Track Complex	Departure Time: 3:15 PM	L
Apr 28, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 1, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 2, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 3, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		

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May 4, 2023	Thu	Regular Season	Granville, Salem (Cambridge-Salem), Whitehall @ Corinth (Corinth/HL)	4:30 PM		Corinth Elementary	Departure Time: 3:15 PM	L
May 5, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 8, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 9, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 10, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 11, 2023	Thu	Regular Season	Corinth (Corinth/HL), Whitehall, Granville @ Salem (Cambridge-Salem)	4:30 PM		Salem High School	Departure Time: 3:15 PM	L
May 12, 2023	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 15, 2023	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 16, 2023	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 17, 2023	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		
May 18, 2023	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #8 Track, Lake George Elementary		

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May 18, 2023	Thu	Regular Season	Corinth (Corinth/HL), Salem (Cambridge-Salem), Granville @ Whitehall	4:30 PM		Whitehall Jr/Sr High School	Departure Time: 3:15 PM	L
May 22, 2023	Mon	Practice (Modified Track Party - High School Cafeteria)	N/A	3:30 PM	4:30 PM	Lake George High School		

Date: 2025-12-05