



# 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 18, 2024           | Mon      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 19, 2024           | Tue      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 20, 2024           | Wed      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 21, 2024           | Thu      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 22, 2024           | Fri      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 25, 2024           | Mon      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 26, 2024           | Tue      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Mar 27, 2024           | Wed      | Practice       | N/A   | 3:30 PM    | 4:30 PM  | Lake George Elementary                   |                |                     |
| Apr 9, 2024            | Tue      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 10, 2024           | Wed      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 11, 2024           | Thu      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 12, 2024           | Fri      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 15, 2024           | Mon      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 16, 2024           | Tue      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 17, 2024           | Wed      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 18, 2024           | Thu      | Regular Season | Corinth (Corinth/HL), Granville, Salem (Cambridge-Salem), Whitehall | 4:30 PM    |          | Lake George Elementary School - #8 Track |                | L                   |
| Apr 19, 2024           | Fri      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| CANCELLED Apr 22, 2024 | Mon      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 23, 2024           | Tue      | Practice       | N/A   | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                |                     |
| Apr 24, 2024           | Wed      | 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 |
|--------------|----------|--------------------------------------|--|------------|----------|--|--------------------------------|---------------------|
| Apr 25, 2024 | Thu      | Regular Season                       | Corinth (Corinth/HL), Salem (Cambridge-Salem), Whitehall @ Granville | 4:30 PM    |          | Sam Eppolito Track Complex               | <b>Departure Time:</b> 3:20 PM | L                   |
| Apr 29, 2024 | Mon      | Regular Season (Mod Madness)         | @ TBD  | 4:45 PM    |          | Track                                    | <b>Departure Time:</b> 3:20 PM | NL                  |
| Apr 30, 2024 | Tue      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 1, 2024  | Wed      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 2, 2024  | Thu      | Regular Season                       | Granville, Salem (Cambridge-Salem), Whitehall @ Corinth (Corinth/HL) | 4:30 PM    |          | Corinth Elementary                       | <b>Departure Time:</b> 3:30 PM | L                   |
| May 3, 2024  | Fri      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 6, 2024  | Mon      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 7, 2024  | Tue      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 8, 2024  | Wed      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 9, 2024  | Thu      | Regular Season                       | Corinth (Corinth/HL), Granville, Whitehall @ Salem (Cambridge-Salem) | 4:30 PM    |          | Salem High School                        | <b>Departure Time:</b> 3:20 PM | L                   |
| May 10, 2024 | Fri      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 13, 2024 | Mon      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 14, 2024 | Tue      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 15, 2024 | Wed      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 15, 2024 | Wed      | Regular Season                       | Corinth (Corinth/HL), Granville, Salem (Cambridge-Salem) @ Whitehall | 4:30 PM    |          | Whitehall Jr/Sr High School              | <b>Departure Time:</b> 3:20 PM | L                   |
| May 17, 2024 | Fri      | Practice                             | N/A  | 3:30 PM    | 5:00 PM  | Lake George Elementary School - #8 Track |                                |                     |
| May 17, 2024 | Fri      | Regular Season (Stillwater Mod Invy) | @ TBD  | 4:30 PM    |          | Track                                    | <b>Departure Time:</b> 3:15 PM | NL                  |