



Lake George

(G) V Cross Country

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	9:30 AM	Lake George Elementary School - #12 Cross Country Trails		
Sep 6, 2022	Tue	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

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Sep 7, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 8, 2022	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 9, 2022	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 12, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
POSTPONED Sep 13, 2022	Tue	Scrimmage (Pre Season Scrimmage @ Queensbury)	Corinth (Corinth/Hadley Luzerne), Warrensburg (Warrensburg - Bolton), Granville (Granville-Whitehall-Hartford), Argyle (Argyle), North Warren, Hartford (Granville-Whitehall-Hartford) @ TBD	4:00 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 3:15 PM	NL
Sep 14, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 15, 2022	Thu	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 15, 2022	Thu	Scrimmage (Queensbury Course Run)	@ TBD	4:15 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 3:15 AM	NL
Sep 16, 2022	Fri	Practice	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 17, 2022	Sat	Regular Season (Queensbury Invy)	@ TBD	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:30 AM	NL
Sep 20, 2022	Tue	Regular Season	Argyle (Argyle)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 24, 2022	Sat	Regular Season (K-Dawg Invy)	@ TBD	9:00 AM		Moreau Recreational Park	Departure Time: 7:30 AM	NL
Sep 27, 2022	Tue	Regular Season	@ Warrensburg (Warrensburg - Bolton)	4:00 PM		Warrensburg Recreation Field	Departure Time: 3:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2022	Sat	Regular Season (Grout Invy)	@ TBD	9:00 AM		Central Park	Departure Time: 7:00 AM	NL
Oct 4, 2022	Tue	Regular Season	Hartford (Granville-Whitehall-Hartford), Whitehall (Granville-Whitehall-Hartford)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Oct 11, 2022	Tue	Regular Season	North Warren @ Hadley-Luzerne (Corinth/Hadley Luzerne)	4:00 PM		Stuart M. Townsend Elementary School	Departure Time: 3:15 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	@ TBD	9:00 AM		Saratoga Spa State Park	Departure Time: 7:15 AM	NL
Oct 18, 2022	Tue	Regular Season	Corinth (Corinth/Hadley Luzerne), Hartford (Granville-Whitehall-Hartford), Greenwich, Hoosic Valley, Saratoga Central Catholic	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		NL
Oct 27, 2022	Thu	Regular Season (Adirondack League Championships @ Queensbury)	Corinth (Corinth/Hadley Luzerne), Warrensburg (Warrensburg - Bolton), Granville (Granville-Whitehall-Hartford), Argyle (Argyle), North Warren, Hartford (Granville-Whitehall-Hartford) @ TBD	4:00 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 1:00 PM	NL
Nov 5, 2022	Sat	Post-Season (Sectionals)	@ TBD	1:30 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 10:00 AM	NL

Date: 2025-12-05