



# Lake George

## (G) MOD7/8/9 Cross Country

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 26, 2019	Mon	Practice (Practice)	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails	
Aug 27, 2019	Tue	Practice (Practice)	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails	
Aug 28, 2019	Wed	Practice (Practice)	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails	
Aug 29, 2019	Thu	Practice (Practice)	N/A	8:00 AM	9:00 AM	Lake George Elementary School - #12 Cross Country Trails	
Sep 3, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 4, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 5, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 6, 2019	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 9, 2019	Mon	Practice (Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 10, 2019	Tue	Practice (Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	
Sep 11, 2019	Wed	Meet (Adirondack Preseason Scrimmage)	Vs. Multiple	4:00 PM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 3:15 PM
Sep 12, 2019	Thu	Practice (Practice)	N/A	3:30 PM	4:30 PM	Lake George High School	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2019	Fri	Practice (XC Practice & FASULO TEAM DINNER)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 8:00 AM	NL
Sep 17, 2019	Tue	Regular Season	Argyle (Argyle)		4:00 PM	Lake George Elementary School - #12 Cross Country Trails		L
Sep 20, 2019	Fri	Practice (XC Practice & BRUNO TEAM DINNER)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails	<b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	
Sep 23, 2019	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 24, 2019	Tue	Regular Season	Warrensburg (Warrensburg - Bolton), Hadley-Luzerne (Corinth/Hadley Luzerne)		4:00 PM	Lake George Elementary		L
Sep 25, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 26, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 27, 2019	Fri	Practice (XC Practice & SEALE TEAM DINNER)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 28, 2019	Sat	Regular Season (7th Annual South Glens Falls "K-DAWG" Memorial XC Invitational)	Schuylerville, Amsterdam, Niskayuna High School (Modified), Hudson Falls @ South Glens Falls		9:00 AM	Moreau Recreational Park	<b>Departure Time:</b> 7:30 AM	L
Oct 1, 2019	Tue	Regular Season	Whitehall (Granville-Whitehall-Hartford), Hartford (Granville-Whitehall-Hartford) @ Granville (Granville-Whitehall-Hartford)		4:00 PM	Sam Eppolito Football Field	<b>Departure Time:</b> 3:15 PM	L
Oct 2, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		

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Oct 3, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 4, 2019	Fri	Practice (BAKE SALE @ The Garrison & COCOZZA TEAM DINNER)	N/A	3:30 PM	5:00 PM	TBD		
Oct 4, 2019	Fri	Practice ( Bake sale @ The Garrison)	N/A	3:30 PM	4:30 PM	TBD		
Oct 5, 2019	Sat	Regular Season (Grout XC Invitational )	@ TBD	9:00 AM		Central Park	<b>Departure Time:</b> 7:00 AM	NL
Oct 7, 2019	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 8, 2019	Tue	Regular Season	North Warren @ Corinth (Corinth/Hadley Luzerne)	4:00 PM		Corinth HS	<b>Departure Time:</b> 3:15 PM	L
Oct 9, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 10, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 11, 2019	Fri	Practice (XC Practice & CAMP CHINGACHGOOK TEAM DINNER Hosted by the Biles Family)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 11, 2019	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 12, 2019	Sat	Regular Season (Burnt Hills XC Invy )	@ TBD	9:15 AM		Spa Park	<b>Departure Time:</b> 7:30 AM	NL
Oct 15, 2019	Tue	Meet (Adirondack / Wasaren League Crossover Meet )	Vs. Multiple	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		NL
Oct 16, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
CANCELLED Oct 17, 2019	Thu	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		

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Oct 18, 2019	Fri	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 21, 2019	Mon	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
CANCELLED Oct 22, 2019	Tue	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 23, 2019	Wed	Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 24, 2019	Thu	Regular Season (Adirondack League Championships) @ TBD		3:00 PM	TBD		<b>Departure Time:</b> 1:00 PM	NL
Oct 24, 2019	Thu	Practice (After LEAGUE MEET, CELEBRATION FOR MODIFIED @ Ambrosia Diner)	N/A	5:30 PM	7:00 PM	TBD		
TBD		Practice	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		

Date: 2026-01-22