



Lake George

(B) V Cross Country

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Saratoga Springs High School, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:30 AM	L
Sep 28, 2024	Sat	Regular Season (Kdawg)	@ South Glens Falls	9:00 AM		Moreau Recreational Park	Departure Time: 7:00 AM	NL
Oct 1, 2024	Tue	Regular Season	@ Warrensburg (Warrensburg - Bolton)	4:00 PM		Warrensburg Recreation Field	Departure Time: 3:20 PM	L
Oct 5, 2024	Sat	Regular Season (Grout-Schenectady)	@ TBD	9:00 AM	5:55 PM	Schenectady High School Track & Field	Departure Time: 6:45 AM	NL
Oct 12, 2024	Sat	Regular Season	Saratoga Springs High School, Niskayuna High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:00 AM	NL
Oct 22, 2024	Tue	Regular Season	@ North Warren	4:00 PM		NW High School	Departure Time: 3:20 PM	L
Oct 30, 2024	Wed	Meet (Adirondack League XC Championships)	Vs. Multiple	3:00 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 1:30 PM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals)	@ Queensbury	TBD		Queensbury HS, Trails @ Elem. School		NL
Nov 16, 2024	Sat	Post-Season (States)	@ Queensbury	TBD		Queensbury HS, Trails @ Elem. School		NL

Date: 2024-07-15