



# Lake George

## (G) V Cross Country

### Coaches:

- Cody Stinson
- Garrett Smith
- 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)               | Remsen (Remsen/Town of Webb), Roy C Ketcham/Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill @ Queensbury | 9:00 AM    |          | Queensbury HS, Trails @ Elem. School                     | <b>Departure Time:</b> 7:30 AM | L                   |
| Sep 18, 2024 | Wed      | Scrimmage (Pre Season Scrimmage @ Lake George) | Corinth (Corinth/Hadley Luzerne), Granville (Granville-Whitehall-Hartford), Argyle (Fort Edward/Argyle), North Warren, Warrensburg (Warrensburg - Bolton) | 4:00 PM    |          | Lake George Elementary School - #12 Cross Country Trails |                                | NL                  |
| Sep 24, 2024 | Tue      | Regular Season                                 | Argyle (Fort Edward/Argyle)   | 4:00 PM    |          | Lake George Elementary School - #12 Cross Country Trails |                                | L                   |
| Sep 28, 2024 | Sat      | Regular Season (Kdawg)                         | @ South Glens Falls   | 9:00 AM    |          | Moreau Recreational Park                                 | <b>Departure Time:</b> 7:00 AM | NL                  |
| Oct 1, 2024  | Tue      | Regular Season                                 | @ Warrensburg (Warrensburg - Bolton)  | 4:00 PM    |          | Warrensburg Recreation Field                             | <b>Departure Time:</b> 3:20 PM | L                   |
| Oct 5, 2024  | Sat      | Regular Season (Grout-Schenectady )            | @ TBD   | 9:00 AM    | 5:55 PM  | Schenectady High School Track & Field                    | <b>Departure Time:</b> 6:45 AM | NL                  |
| Oct 8, 2024  | Tue      | Regular Season                                 | Granville (Granville-Whitehall-Hartford)  | 4:00 PM    |          | Lake George Elementary School - #12 Cross Country Trails |                                | L                   |
| Oct 12, 2024 | Sat      | Regular Season                                 | Niskayuna High School @ Burnt Hills-Ballston Lake HS  | 9:00 AM    |          | Saratoga Spa State Park                                  | <b>Departure Time:</b> 7:00 AM | NL                  |
| Oct 15, 2024 | Tue      | Regular Season                                 | Corinth (Corinth/Hadley Luzerne)  | 4:00 PM    |          | Lake George Elementary School - #12 Cross Country Trails |                                | L                   |
| Oct 22, 2024 | Tue      | Regular Season                                 | @ North Warren  | 4:00 PM    |          | NW High School   | <b>Departure Time:</b> 3:20 PM | L                   |
| Oct 30, 2024 | Wed      | Meet (Adirondack League XC Championships)      | Vs. Multiple  | 3:00 PM    |          | Queensbury HS, Trails @ Elem. School                     | <b>Departure Time:</b> 1:30 PM | NL                  |

| DATE         | WEEK DAY | TYPE                      | OPPONENTS    | START TIME | END TIME | LOCATION                             | TRANSPORTATION / NON-LEAGUE | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------------|--------------|------------|----------|--------------------------------------|-----------------------------|---------------------|
| Nov 9, 2024  | Sat      | Post-Season (Sectionals ) | @ Queensbury | TBD        |          | Queensbury HS, Trails @ Elem. School |                             | L                   |
| Nov 16, 2024 | Sat      | Post-Season (States)      | @ Queensbury | TBD        |          | Queensbury HS, Trails @ Elem. School |                             | NL                  |

Date: 2024-07-19