



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
Aug 19, 2019	Mon	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 19, 2019	Mon	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 20, 2019	Tue	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 21, 2019	Wed	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 22, 2019	Thu	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 23, 2019	Fri	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 26, 2019	Mon	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 27, 2019	Tue	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 28, 2019	Wed	Practice (XC Practice/Mandatory Student Athlete Clinic 10:15-11:30 see notes)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Aug 29, 2019	Thu	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		
CANCELLED Aug 30, 2019	Fri	Practice (XC Practice)	N/A	8:00 AM	9:30 PM	Lake George Elementary School - #12 Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2019	Tue	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 4, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 5, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 6, 2019	Fri	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 9, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 10, 2019	Tue	Practice (XC Practice)	N/A	3:30 PM	5:00 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	Departure Time: 3:15 PM	NL
Sep 12, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
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	Departure Time: 8:00 AM	NL
Sep 16, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 17, 2019	Tue	Regular Season	Argyle (Fort Edward/Argyle), Hartford (Granville-Whitehall-Hartford)	4:00 PM		Lake George Elementary School - #12 Cross Country Trails		L
Sep 18, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 19, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 20, 2019	Fri	Practice (XC Practice & BRUNO TEAM DINNER)	N/A	TBD		Lake George Elementary School - #12 Cross Country Trails		
Sep 23, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 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 School - #12 Cross Country Trails		L
Sep 25, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Sep 26, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 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 XC KDawg - Killian Invitational)	Hadley-Luzerne (Corinth/Hadley Luzerne), Amsterdam, Schuylerville, Hoosic Valley, Hudson Falls @ South Glens Falls	9:00 AM		Moreau Recreational Park	Departure Time: 7:30 AM	NL
Sep 30, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 1, 2019	Tue	Regular Season	Hartford (Granville-Whitehall-Hartford) @ Granville (Granville-Whitehall-Hartford)	4:00 PM	6:00 PM	Sam Eppolito Football Field	Departure Time: 3:15 PM	L
Oct 2, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 3, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2019	Fri	Practice (BAKE SALE @ The Garrison & COCOZZA TEAM DINNER)	N/A	3:30 PM	5:00 PM	TBD		
Oct 5, 2019	Sat	Regular Season (Grout XC Invitational)	@ Schenectady High School	9:00 AM		Central Park	Departure Time: 7:00 AM	NL
Oct 7, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 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	Departure Time: 3:15 PM	L
Oct 9, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 10, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 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 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Ballston Spa High School, Saratoga Springs High School, Niskayuna High School, Granville (Granville-Whitehall-Hartford), Stillwater, Colonie High School, Broadalbin-Perth, Johnstown, Chittenango @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
CANCELLED Oct 17, 2019	Thu	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 18, 2019	Fri	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 21, 2019	Mon	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
CANCELLED Oct 22, 2019	Tue	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 23, 2019	Wed	Practice (XC Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 24, 2019	Thu	Meet (Adirondack League Championships)	Vs. Multiple	3:00 PM		Queensbury HS, Trails @ Elem. School	Departure Time: 1:00 PM	NL
Oct 24, 2019	Thu	Practice (After MEET, CELEBRATION FOR MODIFIED @ Ambrosia Diner, Varsity welcome)	N/A	5:30 PM	7:00 PM	TBD		
Oct 25, 2019	Fri	Practice (Sectional Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 26, 2019	Sat	Practice (Mandatory Sectional Practice)	N/A	7:20 AM	10:00 AM	Spa Park	Departure Time: 7:30 AM Return Date: Return Time: 10:00 AM	
Oct 28, 2019	Mon	Practice (XC Sectional Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 29, 2019	Tue	Practice (XC Sectional Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Oct 30, 2019	Wed	Practice (XC Sectional Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 31, 2019	Thu	Practice (XC Sectional Practice)	N/A	3:30 PM	4:30 PM	Lake George Elementary School - #12 Cross Country Trails		
Nov 4, 2019	Mon	Post-Season (Sectionals)	@ TBD	12:30 PM		Spa Park	Departure Time: 10:30 AM	NL
Nov 16, 2019	Sat	Post-Season (State Meet)	@ TBD	8:45 AM		Plattsburgh HS		NL

Date: 2024-12-23