## **Western Maine Conference**

2024 Nordic Race Schedule

				S Start First in 2024							
Date	Race #	Location	Host(s)	Distance / Technique	Schools	Start Time					
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Wednesday, January 3, 2024	1a	Pineland	Freeport/Brunswick	5k Skate - Mass Start	Freeport/Brunswick, MCW/NYA, Falmouth, York + Leavitt	3:30 PM					
	1b	Stark's	Fryeburg	5k Skate - Mass Start	Fryeburg, Greely, Yar, Waynflete/GNG, Port, Deer, Chev	3:30 PM					
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Wednesday, January 10, 2024	2a	Libby Hill	Yarmouth	5k Classic - Mass Start	Yarmouth, Freeport/Brunswick, Waynflete/GNG, Falmouth	3:30 PM					
	2b	Pineland	Greely	5k Classic - Mass Start (Skate if difficult waxing)	Greely, Fryeburg, MCW/NYA, Port/Deer/Chv, York	3:30 PM					
				(Skale ii dillicult waxing)							
Monday, January 15, 2024	3	Riverside (MLK Day)	Portland & Greely	3 Person Relay - Skate	All Schools	11:00 AM					
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Wednesday, January 24, 2024	4a	Libby Hill	Waynflete/GNG	5k Skate - :15 Intervals	Waynflete/GNG, Fryeburg, MCW/NYA, Freeport/Brunswick	3:30 PM					
	4b	Riverside	Portland/Deer/Chev	5k Skate - :15 Intervals	Port/Deer/Chev, Greely, Falmouth, Yarmouth, York	3:30 PM					
Wednesday, January 31, 2024	5	Stark's	Fryeburg	5k Classic - Wave Start	All Schools	3:30 PM					
				(Skate if difficult waxing)							
Wednesday, February 7, 2024	6	WMCC - Libby Hill	MCW-NYA & Fryeburg	Ek Classic :15 Individual Start	Western Maine Conference Schools	2:00 PM					
Wednesday, February 7, 2024	•	WWICC - LIDDY HIII	MCVV-NTA & Fryeburg	SK Classic 15 iliulviduai Start	Western Maine Comerence Schools	2.00 FW					
Saturday, February 10, 2024	7	WMCC - Stark's	MCW-NYA & Fryeburg	5k Skate - Pursuit Start	Western Maine Conference Schools	11:00 AM					
	-	Awards				2:30 PM					
Tuesday, February 13, 2024		WMCC Back-Up Date				2:00 PM					
Wednesday, February 14, 2024	dnesday, February 14, 2024 TBD			Optional Valentines Day Fun Race All Schools							
	Vonue E	Race Contacts:			WMC Schools - 9 total						
Libby Hill - Carl Holmquist	Venue	carlh@maine.rr.com		1							
Libby Fill - Carr Floringuist		Cariff(c) mairic.m.com			2 Fryeburg						
Pineland - Matt Sabasteanski		msabasteanski@pinela	ndfarms.org		GrayNG						
Pineland - Neal Reynolds	nreynolds@pinelandfar			4 Greely							
-				5	Maine Coast Waldorf (MCW)						
Stark's - John Weston john@westonsfarm.com			<u>n</u>		North Yarmouth Academy (NYA)						
					7 Waynflete						
Riverside - George Aponte-Clarke		coachgeorge@portland	nordic.org		9 Yarmouth						
				9	9 York						
					SMAA Guest Schools - 5 total						
				1	1 Brunswick						
					Portland						
				3	Deering						
					4 Cheverus						
					Falmouth						

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5	Schedule Notes:															
F	Races 1a & 1b: Sch	eduled for I	Pineland an	d Stark's b	ecause those 2 venue	s have the	best chanc	e at racing	on thin ea	rly snow.						
T.																П
F	Races 2a & 2b - Mas	ss Starts:	Good for kid	ds to experi	ence Mass Start race	s. Best to	do early in t	he schedu	le with split	venues (lo	wer numbe	ers) and to	prepare fo	r Telstar Re	elays.	
1	# 0 (14) 17 11 -11	1 \## D I	1.1.			I MILIZ:			/ O : 1	\	C					
╀	Race # 3 (MLK Hollo	<b>aay)^^:</b> Rei	ays take mo	ore time so	cannot do after schoo	I. MLK IS a	good day to	or a relays	(or Sprints	) with more	time avail	able.				_
F	Race #5: An importa	nt race. It is	s the last re	gular seaso	on race of the year an	d coaches	want a big f	eeling race	to prepare	e for WMC	C. This is th	ne largest r	numbers ra	ce of the se	eason with All School	ols
					te everyone and good											
5	Stark's is a longer dri	ve for most	teams, Sta	rk's has tra	ditionally held this rac	e due to its	abililty to a	ccomodate	all aspect	s. It also gi	ves all tear	ns the char	nce to see	the venue	pefore WMCC.	
_	NMCC Mimio the fo	rmata for C	toto Chamr	oionohino:	Classic on Day 1 and	Skata Dura	wit on Dov	า								$\Box$
	Race #6 - WMCC CI					Skale Fuls	suit on Day .	۷.								
F	Race #7 - WMCC Sk	ate Pursui	t: Stark's is	the tradition	onal host due to a cha	llenging ch	ampionship	course, gr	ooming an	d timing ab	le to run th	e complica	ted pursuit	format.		_
4	******						1100 11									_
ļ	^MLK WEEK: Exam	week for n	nany school	is. Do not s	schedule a mid-week	race = too	difficult.									
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