

Western Maine Conference 2024 Nordic Race Schedule

GIRLS Start First in 2024

Date	Race #	Location	Host(s)	Distance / Technique	Schools	Start Time
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
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
Monday, January 15, 2024	3	Riverside (MLK Day)	Portland & Greely	3 Person Relay - Skate	All Schools	11:00 AM
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 (Skate if difficult waxing)	All Schools	3:30 PM
Wednesday, February 7, 2024	6	WMCC - Libby Hill	MCW-NYA & Fryeburg	5k Classic - :15 Individual Start	Western Maine Conference Schools	2:00 PM
Saturday, February 10, 2024	7	WMCC - Stark's Awards	MCW-NYA & Fryeburg	5k Skate - Pursuit Start	Western Maine Conference Schools	11:00 AM 2:30 PM
Tuesday, February 13, 2024		WMCC Back-Up Date				2:00 PM
Wednesday, February 14, 2024		TBD		Optional Valentines Day Fun Race	All Schools	
Venue Race Contacts:					WMC Schools - 9 total	
Libby Hill - Carl Holmquist	carlh@maine.rr.com			1	Freeport	
				2	Fryeburg	
Pineland - Matt Sabasteanski	msabasteanski@pinelandfarms.org			3	GrayNG	
Pineland - Neal Reynolds	nreynolds@pinelandfarms.org			4	Greely	
				5	Maine Coast Waldorf (MCW)	
Stark's - John Weston	john@westonsfarm.com			6	North Yarmouth Academy (NYA)	
				7	Waynflete	
Riverside - George Aponete-Clarke	coachgeorge@portlandnordic.org			8	Yarmouth	
				9	York	
					SMAA Guest Schools - 5 total	
				1	Brunswick	
				2	Portland	
				3	Deering	
				4	Cheverus	
				5	Falmouth	

