

## Western Maine Conference 2023 Nordic Race Schedule

### BOYS Start First in 2023

Date	Race #	Location	Host(s)	Distance / Technique	Schools	Start Time
Wednesday, January 04, 2023	1a	Pineland	Greely	5k Skate - Mass Start	Greely, Yar, Waynflete, Gray, Port, Deer, Chev, York + <b>Leavitt</b>	3:30 PM
	1b	Stark's	Fryeburg	5k Skate - Mass Start	Fryeburg, Freeport, Brunswick, MCW, NYA, Falmouth	3:30 PM
Wednesday, January 11, 2023	2a	Libby Hill	Waynflete & Gray	5k Classic - Mass Start	Waynflete, Gray, Greely, Port, Deer, Chev, Falmouth, York	3:30 PM
	2b	Pineland	MCW-NYA & Freeport	5k Classic - Mass Start (Skate if difficult waxing)	MCW, NYA, Freeport, Brunswick, Fryeburg, Yarmouth	3:30 PM
Monday, January 16, 2023	3	Riverside (MLK Day)	Portland & Greely	3 Person Relay - Skate	All Schools	11:00 AM
Wednesday, January 25, 2023	4a	Libby Hill	Waynflete & Gray	5k Skate - :15 Intervals	Waynflete, Gray, Fryeburg, Greely, Freeport, Brunswick	3:30 PM
	4b	Riverside	Falmouth & Yarmouth	5k Skate - :15 Intervals	Falmouth, Yarmouth, Port, Deer, Chev, MCW, NYA, York	3:30 PM
Wednesday, February 01, 2023	5	Stark's	Fryeburg	5k Classic - Wave Start (Skate if difficult waxing)	All Schools	3:30 PM
<b>Wednesday, February 08, 2023</b>	<b>6</b>	<b>WMCC - Libby Hill</b>	MCW-NYA & Fryeburg	<b>5k Classic - :15 Individual Start</b>	<b>Western Maine Conference Schools</b>	<b>2:00 PM</b>
<b>Saturday, February 11, 2023</b>	<b>7</b>	<b>WMCC - Stark's Awards</b>	MCW-NYA & Fryeburg	<b>5k Skate - Pursuit Start</b>	<b>Western Maine Conference Schools</b>	<b>11:00 AM</b>
						<b>2:30 PM</b>
Tuesday, February 14, 2023		WMCC Back-Up Date				2:00 PM
Wednesday, February 15, 2023		TBD		Optional Valentines Day Fun Race	All Schools	
<b>Venue Race Contacts:</b>						
Libby Hill - Carl Holmquist		<a href="mailto:carlh@maine.rr.com">carlh@maine.rr.com</a>				
Pineland - Matt Sabasteanski		<a href="mailto:msabasteanski@pinelandfarms.org">msabasteanski@pinelandfarms.org</a>				
Pineland - Neal Reynolds		<a href="mailto:nreynolds@pinelandfarms.org">nreynolds@pinelandfarms.org</a>				
Stark's - John Weston		<a href="mailto:weston@fairpoint.net">weston@fairpoint.net</a>				
Riverside - George Aponte-Clarke		<a href="mailto:coachgeorge@portlandnordic.org">coachgeorge@portlandnordic.org</a>				
<b>WMC Schools - 9 total</b>						
				1	Freeport	
				2	Fryeburg	
				3	GrayNG (w/ Waynflete)	
				4	Greely	
				5	Maine Coast Waldorf (MCW) (w/ NYA)	
				6	North Yarmouth Academy (NYA) (w/ MCW)	
				7	St.Doms - No Team in 2023	
				8	Waynflete (w/ Gray)	
				9	Yarmouth	
				10	York	
<b>SMAA Guest Schools - 5 total</b>						
				1	Brunswick	
				2	Portland	
				3	Deering	
				4	Cheverus	
				5	Falmouth	

**Schedule Notes:**

**Races 1a & 1b:** Scheduled for Pineland and Stark's because those 2 venues have the best chance at racing on low early snow.

**Races 1 & 2 - Mass Starts:** Good for kids to experience Mass Start races. Best to do early in the schedule with split venues (lower numbers) and to prepare for Telstar Relays.

**Race # 3 (MLK Holiday):** Relays take more time so cannot do after school. MLK is a good day for a relays (or Sprints) with more time available.

**Race #5:** An important race. It is the last regular season race of the year and coaches want a big feeling race to prepare for WMCC. This is the largest numbers race of the season with All Schools scheduled to attend. The venue needs to be able to accommodate everyone and good timing is critical for a large after school race when light is limited. Wave starts are needed to accommodate numbers. Though Stark's is a longer drive for most teams, Stark's has traditionally held this race due to it's ability to accomodate all aspects. It also gives all teams the chance to see the venue before WMCC.

**WMCC - Mimic the formats for State Championships:** Classic on Day 1 and Skate Pursuit on Day 2.

**Race #6 - WMCC Classic:** Pineland or Libby Hill are the traditional venues, but Pineland's ability to set track in all conditions is preferable.

**Race #7 - WMCC Skate Pursuit:** Stark's is the traditional host due to a challenging championship course, grooming and timing able to run the complicated pursuit format.