Western Maine Conference

2024 Nordic Race Schedule - FINAL (12/1/23)
GIRLS Start First in 2024

GIRLO Statt FIIST III 2024												
Date	Race #	Location	Host(s)	Timer	At the end of this race, host school passes bibs to	Distance / Technique	Schools	Start Time				
Wednesday, January 3	1a	Pineland	Freeport/Brunswick	Nat Steele	MCW	5k Skate - Mass Start	Freeport/Brunswick, MCW/NYA, Falmouth, York + Leavitt	3:30 PM				
	1b	Stark's	Fryeburg	Seth Burnell	keep	5k Skate - Mass Start	Fryeburg, Greely, Yar, Waynflete/GNG, Port, Deer, Chev	3:30 PM				
M-ddd	0-	1.0441.00	V	NI-4 O4I-	NA	Fla Olassia Massa Otast	V 11 5 1/D : 1 W 11 1/ONO 5 1 1/	3:30 PM				
Wednesday, January 10	2a	Libby Hill	Yarmouth	Nat Steele	Waynflete for 1/24 race							
	2b	Pineland	Greely	NonStopNordic	keep for 1/24 race	5k Classic - Mass Start (Skate if difficult waxing)	Greely, Fryeburg, MCW/NYA, Port/Deer/Chv, York	3:30 PM				
						(Chate ii dimedit Waxiiig)						
Monday, January 15	3	Riverside - MLK Day	Portland	NonStopNordic	Portland bibs - keep	3 Person Relay - Skate	All Schools	11:00 AM				
Madagaday Janus 04	10	l ilabor l lill	May mflots/CNC	Not Ctools	MCW	Els Cleata 145 Intervala	Warned at JONO Frank and MONIANYA Frank at December 2	3:30 PM				
Wednesday, January 24	4a 4b	Libby Hill	Waynflete/GNG	Nat Steele	-	5k Skate - :15 Intervals 5k Skate - :15 Intervals	Waynflete/GNG, Fryeburg, MCW/NYA, Freeport/Brunswick					
	4D	Pineland	Greely/Falmouth	NonStopNordic	keep to give to MCW	5k Skate - :15 Intervals	Port/Deer/Chev, Greely, Falmouth, Yarmouth, York	3:30 PM				
Wednesday, January 31	5	Stark's	Fryeburg	Seth Burnell	keep (or give to MCW)	5k Classic - Wave Start	All Schools	3:30 PM				
, , , , , , , , , , , , , , , , , , ,			, ,		, , ,	(Skate if difficult waxing)						
W. d		14/14/00 1/15/15/11/11	MOMANA O F	0.41 D	MOW	51.01	Western Main Conference College	0.00 DM				
Wednesday, February 7	6	WMCC - Libby Hill	MCW/NYA & Fryeburg	Seth Burnell	MCW	5K Classic - :15 Individual Start	Western Maine Conference Schools	2:00 PM				
Saturday, February 10	7	WMCC - Stark's	MCW/NYA & Fryeburg	Seth Burnell	MCW	5k Skate - Pursuit Start	Western Maine Conference Schools	11:00 AM				
•		Awards	, ,					2:30 PM				
Tuesday, February 13		WMCC Back-Up Date)					2:00 PM				
Wednesday, February 14		Riverside?				Optional Yeti Fun Race	All Schools					
	Venue	Race Contacts:			Groupings - 9 total		WMC Schools - 9 total					
Libby Hill - Carl Holmquist		carlh@maine.rr.com		1	Falmouth	1	Freeport					
				2	Freeport/Brunswick	2	Fryeburg					
Pineland - Matt Sabasteans	ski	msabasteanski@pinel	landfarms.org	3	Fryeburg	3	GrayNG					
Pineland - Neal Reynolds		nreynolds@pinelandfa	arms.org	4	GNG/Waynflete	4						
				5	Greely	5						
Stark's - John Weston		john@westonsfarm.co	<u>om</u>	6	MCW/NYA	6	, , , , , , , , , , , , , , , , , , ,					
D: II O A	01 1		I Provide the second se	7	Portland/Deer/Chv	7	Waynflete					
Riverside - George Aponte-	-Clarke	coachgeorge@portlan	ianoraic.org	8	Yarmouth York	8						
Nonstop Nordic Timing		Nonstopnordic@gmail	l.com	9	TOIK	9	TOIK					
		207-570-0991										
							SMAA Guest Schools - 5 total					
Nat Steele (timing)		natste14@gmail.com				1	Brunswick					
		207-720-0763				2						
						3	= = =9					
						4	Cheverus					
						5	Falmouth					

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Schedule	Notes:	Į.														_
Races 1a	& 1b : Sch	eduled for I	Pineland an	d Stark's b	ecause those 2 venue	es have the	best chan	ce at racing	on thin ear	rly snow.	T	I	I	I		
Races 2a	& 2h - Mae	e Starte:	Good for kir	ds to evner	 ience Mass Start race	e Rest to	do early in	the schedu	le with enlit	venues (la	wer numbe	ers) and to	nrenare for	Talstar Re	alave	_
Naces za	U ZD - Wa.	otarts.	COOG IOI KI		CITCC Wass Clart racc	3. DC31 10		liic scricdu	ic with split	venues (it	JWCI Hallibe		Propare for	T CISIAI TK	lays.	_
Race # 3	MLK Holid	day)**: Rel	ays take m	ore time so	cannot do after schoo	ol. MLK is a	good day	for a relays	(or Sprints) with more	e time availa	able.				_
to attend. Stark's is a WMCC - N	The venue a longer dri Mimic the fo	needs to be ve for most prmats for S	e able to ac teams, Sta State Cham	ccommoda ark's has tra cionships:	on race of the year an te everyone and good aditionally held this rac Classic on Day 1 and	timing is co e due to its	ritical for a abililty to a	large after accomodate	school race	when ligh	t is limited.	Wave start	ts are need	ed to accor	nmodate numbers.	
Race #6 -	WMCC Sk	assic: Libb	y Hill is the	traditional	venue. onal host due to a cha	llenging ch	amnionshir	COLIFE O	ooming an	d timina ah	ole to run th	e complica	ted nursuit	format		_
race #1 -		ate i disui	t. Otalkak	lic tradition	Sharnost due to a cha	licinging on	ampionsiii	Course, gr	Ooming and	d tilling at		Complica		ioiiiiat.		_
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**MLK WE	EK: Exam	week for n	nany schoo	ls. Do not	schedule a mid-week	race = too	difficult.									
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