

Date	Location	Start Time	Participants						Girls run first in 2023			
Monday, August 14	First Practice											
Preseason												
Friday, August 25	Cony	4:00	Laliberte Invitational									
Saturday, August 26	Medomak Valley	9:00	Panther Preseason 2-Miler									
Regular Season												
Friday, September 1	Brunswick	4:00/4:30	Messalonskee	Morse	Medomak Valley	Oceanside						
	Mt. Blue	4:00/4:30	Gardiner	Cony								
	Bangor	4:00/4:30	Hampden Acad.	Brewer	Belfast	Camden Hills	MCI					
	Edward Little	4:00/4:30	Lewiston	Mt. Ararat								
	Maranacook	4:00/4:30	Erskine Acad.	Oxford Hills	Leavitt	Waterville	Lincoln Acad.					
	Lawrence	4:00/4:30	Winslow	Skowhegan	Nokomis							
Thursday, September 7	Waterville/Winslow (Quarry Road)	4:00/4:30	Maranacook	Oxford Hills	Skowhegan	Gardiner	Erskine Acad.	Lewiston	Lincoln Acad.	Edward Little	Mt. Blue	
	Camden Hills	4:00/4:30	Camden Hills Invitational									
Friday, September 8	Belfast (Troy Howard)	4:00/4:30	Brunswick	Medomak Valley	Nokomis	Cony	Messalonskee	Mt. Ararat				
Thursday, September 14	Medomak Valley	4:00/4:30	Skowhegan	Lincoln Acad.	Lawrence	Cony	Erskine Acad.	Belfast	Waterville	Morse	Oceanside	
Friday, September 15	Leavitt	4:00/4:30	Oxford Hills	Maranacook	Mt. Blue							
Saturday, September 16	Brewer @ Saxl Park (Bangor)	11:00	Winslow	MCI	Hampden Acad.							
	Lewiston @ Pineland (Gray)	2:00/2:45	Bangor	Edward Little	Brunswick	Gardiner	Messalonskee	Nokomis	Mt. Ararat	Camden Hills		
Thursday, September 21	Gardiner @ UMA	4:00/4:30	Lewiston	Lawrence	Maranacook	Erskine Acad.	Skowhegan	Winslow				
	Lincoln Academy	4:00/4:30	Morse	Messalonskee	Mt. Blue	Medomak Valley	Nokomis	Camden Hills	Oceanside			
Friday, September 22	Cony	4:00/4:30	Belfast	Bangor	Hampden Acad.	Waterville	MCI	Brunswick				
	Oxford Hills	4:00/4:30	Leavitt	Mt. Ararat	Edward Little							
Friday, September 29	Mt. Ararat	4:00/4:30	Oxford Hills	Nokomis	MCI							
Saturday, September 30	Belfast (Troy Howard)	TBA	Festival of Champions (Entries due Tuesday after State Outdoor Track Meet, 7:00 am)									
			Maranacook	Hampden Acad.	Brunswick	Cony	Camden	Medomak Valley	Erskine Acad.	Mt. Blue		
			Winslow	Messalonskee	Lincoln Acad.	Bangor	Brewer	Waterville	Lawrence	Lewiston		
			Edward Little	Skowhegan	Leavitt	Gardiner	Morse	Oceanside				
Friday, October 6	Mt. Blue	4:00/4:30	Mt. Blue Relays									
			Mt. Ararat	Lewiston	Lincoln Acad.	Brewer	Waterville	Winslow	Brunswick	Belfast	Leavitt	
			Bangor	Oxford Hills	Gardiner	Maranacook	Edward Little	Cony	Camden Hills	Erskine Acad.		
	MCI @ Pinnacle Park	4:00/4:30	Lawrence	Skowhegan								
	Messalonskee	4:00/4:30	Nokomis	Medomak	Morse	Hampden Acad.	Oceanside					
Post Season												
Saturday, October 14	Cony		KVAC Championship									
			Varsity Girls 11:00, JV Girls 11:45, Varsity Boys 12:30, JV Boys 1:15									
Saturday, October 21	Belfast (Troy Howard)	TBA	MPA North Regional Championships									
	Cumberland (Twin Brook)	TBA	MPA South Regional Championships									
Tuesday, October 24	Edward Little	4:00	Second Seven Meet									
	Bangor	4:00	Second Seven Meet									
Saturday, October 28	Belfast (Troy Howard)	TBA	MPA State Championships									
Saturday, November 4	Belfast (Troy Howard)	TBA	New England Championships									