

WMC Cross Country Schedule 2023

For 2023 WMC meets: Girls start at 4:30 boys at 5:00

Week 1: Thu 8/31

OOB, Traip, Wells, York	@ York	York County Clash
MCW, NYA, SD, SV	@ MCW	Hunter Rd. Hustle
CE, Greely, Yarm, Freep	@ Greely	Cumberland County Clash
FA, GNG, LR, Pol, Wayn	@ GNG	Lakes Region Rumble

Week 2: Fri 9/8 (Waynflete on trips)

CE, Greely, MCW, SD, Pol, York	@ POL
FA, Freep, NYA, OOB, Traip	@ FA
LR, Yarm, SV, GNG, Wells	@ SV

Week 3:

Fri 9/15:

LR, Traip, SD, Wells, York, @ Wells

Monday 9/18: CE, Freep, FA, GNG, Greely, MCW, NYA, OOB, Pol, SV, Yarm, Wayn @ Southern Maine Hoka Classic

Week 4: Fri 9/22

CE, Freep, Traip, NYA, GNG, MCW	@ Freep
FA, Greely, LR, Wayn, York boys	@ LR
OOB, Pol, SV, SD, Wells, Yarm	@ Yarm

Sat 9/23: York girls @ Manchester

Week 5:

Wed 9/27: LR, FA, SV, SD @ LR Homecoming

Fri 9/29: OOB, Traip, York JV boys, Wells @ OOB Homecoming

Sat Sept 30: CE, Freep, LR, Greely, MCW, NYA, Pol, Wayn, Yarm, York girls, York boys top 7 @ Festival of Champions @ Belfast

Week 6: girls 4:00, boys 4:30,

Thu 10/5: Freep, Greely, Wells, Traip, York @ Traip Homecoming

Thu 10/5: FA, LR, NYA, GNG, SV, Pol, SD @ SD

Thu 10/5: CE, MCW, Wayn, Yarm, OOB, @ Cape

Week 7: WMC Invitational: Wed Oct. 11th @ St. Joe's

2:00 walks, 3:00 all girls, 3:45 all boys, 4:30 awards

Sat. Oct. 21: South Regionals at Twin Brooks:

Sat Oct. 28: State Meet at Belfast

