

Date	Location	Start Time	Participants						Boys run first in 2024			
Monday, August 19	First Practice											
Preseason												
Friday, August 30	Cony @ UMA	4:00	Laliberte Invitational									
Saturday, August 31	Medomak Valley	9:00	Panther Preseason 2-Miler									
Regular Season												
Thursday, September 5	Edward Little @ Auburn MS	4:00/4:45	Lewiston	Mt. Ararat	Oxford Hills							
Friday, September 6	Brunswick	4:00/4:30	Messalonskee	Morse	Medomak Valley	Oceanside	Winslow					
	Mt. Blue	4:00/4:30	Gardiner	Cony	Leavitt	Lincoln Acad.						
	Bangor @ Bangor HS	4:00/4:30	Hampden Acad.	Brewer	Belfast	Camden Hills	MCI					
	Lawrence @ KVCC	4:00/4:30	Waterville	Skowhegan	Nokomis	Erskine Acad.						
Thursday, September 12	Camden Hills	4:00	Camden Hills Invitational			Lawrence	Hampden Acad.	Bangor	Cony	MCI		
	Waterville/Winslow (Quarry Road)	4:00/4:30	Oxford Hills	Skowhegan	Messalonskee	Erskine Acad.	Lincoln Acad.	Edward Little	Mt. Blue	Nokomis		
Friday, September 13	Mt. Ararat	4:00/4:30	Gardiner	Leavitt	Lewiston	Brunswick	Belfast					
Thursday, September 19	Medomak Valley	4:00/4:30	Skowhegan	Lincoln Acad.	Lawrence	Cony	Erskine Acad.	Camden Hills	Morse	Oceanside	Belfast	
Friday, September 20	Leavitt	4:00/4:30	Oxford Hills	Gardiner								
Saturday, September 21	Brunswick	TBA	Waterville	Mt. Blue								
	Brewer @ Saxl Park	11:00	Winslow	MCI	Hampden Acad.							
	Lewiston @ Roy's	TBA	Bangor	Edward Little	Messalonskee	Nokomis	Mt. Ararat					
Thursday, September 26	Gardiner @ UMA	4:00/4:30	Lawrence	Erskine Acad.	Skowhegan	Winslow						
	Lincoln Academy	4:00/4:30	Mt. Blue	Nokomis	Camden Hills	Oceanside						
Friday, September 27	Cony @ UMA	4:00/4:30	Bangor	Hampden Acad.	Waterville	Brunswick						
	Belfast (Troy Howard)	4:00/4:30	Medomak Valley	Morse	MCI	Lewiston						
	Oxford Hills	4:00/4:30	Leavitt	Mt. Ararat	Edward Little	Messalonskee						
Saturday, October 5	Belfast (Troy Howard)	TBA	Festival of Champions		(Registration open June 4th, all teams allowed in for 2023)							
			Oceanside	Hampden Acad.	Brunswick	Cony	Camden Hills	Medomak Valley	Erskine Acad.	Mt. Blue	Nokomis	
			Winslow	Messalonskee	Lincoln Acad.	Bangor	Brewer	Waterville	Lawrence	Lewiston	MCI	
Friday, October 11	Mt. Blue	4:00/4:30	Mt. Blue Relays		Lewiston	Lincoln Acad.	Brewer	Waterville	Leavitt	Brunswick		
			Bangor	Oxford Hills	Gardiner	Edward Little	Cony	Camden Hills	Erskine Acad.			
	MCI	3:30	Lawrence	Skowhegan								
	Messalonskee	4:00/4:30	Nokomis	Medomak	Morse	Hampden Acad.	Oceanside	Winslow	Belfast			
Post Season												
Saturday, October 19	Cony		KVAC Championship									
			Boys 11:00, Boys JV 11:45, Girls 12:30, Girls JV 1:15									
Saturday, October 26	Belfast (Troy Howard)		MPA North Regional Championships									
	Cumberland (Twin Brook)		MPA South Regional Championships									
Tuesday, October 29	Edward Little	4:00	Second Seven Meet									
	Bangor	4:00	Second Seven Meet									
Saturday, November 2	Cumberland (Twin Brook)		MPA State Championships									
Saturday, November 9	Manchester, NH	TBA	New England Championships									