

WMC Cross Country Schedule 2025 (revised 8/21/25)

Invitationals - schools must contact the host to join:

Lake Reg. Dan Dors Invitational: Fri Aug 29 3:00 pm

Freeport Falcon 4K Thu Aug 28th 5:00

Coaches meeting: moved to wed 8/20 at 6:30 pm zoom

2025 WMC meets: Girls start at 4:30 boys at 5:00

Week 1: Wed 9/3 All schools @ **Laudholm Farm invitational** (not Waynflete, MCW) 4:00 girls, 4:30 boys

Week 2: Sat 9/13 Most WMC schools @ **Southern Maine Classic** (Gorham) 10 am first race

Week 3:

Fri 9/19	CE, Freep, Greely, Traip, Wells, Yarm	@ Yarmouth (Coastal Challenge)
Fri 9/19	MCW, NYA, OOB, SV,	@ MCW (Class C Clash)
Fri 9/19	FA, GNG, LR, York boys, Pol	@ LR Homecoming (Lakes Region Rumble)
Sat 9/20	York girls?, Wayn	@ Manchester Invitational

Week 4:

Thu 9/25:	CE, LR, SV, Pol	@ Pol
Fri 9/26:	GNG, Traip, Yarm, York	@ GNG
Fri 9/26:	Greely, OOB, Wayn, Wells, NYA	@ Greely
Fri 9/26:	Freep, FA, MCW,	@ FA

Week 5:

Fri 10/3:	GNG, Wells , OOB, FA, SV, Traip	@ Traip
Sat Oct 4th:	all other schools	@ Festival of Champions , Belfast

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

Thu 10/9:	FA, Freep, LR,	@ Freep
Thu 10/9:	CE, Greely, Traip	@ CE
Thu 10/9:	NYA, SV, Wells, Yarm	@ Wells
Thu 10/9:	GNG, Pol, Wayn	@ Lost Valley? GNG host
Wed 10/8:	MCW, OOB, York	@ OOB Homecoming

Week 7: WMC Invitational: Thu Oct. 16th @ Lake

2:00 walks, 3:00 V girls, 3:30 V boys, 4:00 coed JV, 4:45 awards

Wed 10/22: JV Invitational @ LR 4:00 girls, 4:30 boys

Sat. Oct. 25: South Regionals at Twin Brooks

Sat Nov 1: State Meet @ **Cony**

Sat Nov 8: New Englands @

Not hosting 2025: NYA, SV, Flete

