

Date	Location	Start Time	Participants						Girls run first in 2025		
Monday, August 18	First Practice										
Preseason											
Friday, August 29	Cony @ UMA	4:00	Laliberte Invitational								
Saturday, August 30	Medomak Valley	9:00	Panther Preseason 2-Miler								
Regular Season											
Thursday, September 4	Edward Little @ Auburn MS	4:00/4:45	Lewiston	Mt. Ararat	Oxford Hills	Winslow	MCI				
Friday, September 5	Mt. Blue	4:00/4:30	Gardiner	Cony	Leavitt	Lincoln Acad.	Erskine Acad.				
	Bangor @ Bangor HS	4:00/4:30	Hampden Acad.	Brewer	Belfast	Camden Hills	Medomak Valley	Oceanside	Messalonskee		
	Lawrence @ KVCC	4:00/4:30	Waterville	Skowhegan	Nokomis	Brunswick	Morse				
Thursday, September 11	Morse	4:00/4:30	Gardiner	Cony	Oceanside	Medomak Valley	Lawrence	Messalonskee	Erskine Acad.		
	Mt. Ararat @ Highland Green	4:00/4:30	Lewiston	Belfast	MCI	Edward Little	Winslow				
Friday, September 12	Leavitt	4:00/4:30	Oxford Hills	Skowhegan	Mt. Blue	Waterville	Nokomis	Lincoln Acad.			
Saturday, September 13	Southern Maine Classic	TBA	Hampden Acad.	Bangor	Camden Hills	Brunswick					
	Caribou Invitational	TBA	Brewer								
Thursday, September 18	Medomak Valley	4:00/4:30	Lincoln Acad.	Cony	Erskine Acad.	Morse	Oceanside	Belfast			
Friday, September 19	Skowhegan	4:00/4:30	Oxford Hills	Gardiner	Lawrence	Winslow	Leavitt				
Saturday, September 20	Brunswick	10:00/10:30	Waterville	Mt. Blue	Mt. Ararat	Lewiston	Edward Little	Messalonskee			
	Brewer @ Saxl Park	11:00	MCI	Hampden Acad.	Bangor	Camden Hills	Nokomis				
Thursday, September 25	Gardiner @ UMA	4:00/4:30	Lawrence	Erskine Acad.	Skowhegan	Winslow	Lewiston	Belfast			
	Lincoln Academy	4:00/4:30	Mt. Blue	Nokomis	Camden Hills	Morse	Messalonskee				
Friday, September 26	Cony	4:00/4:30	Bangor	Hampden Acad.	Waterville	Brunswick	Medomak Valley	Oceanside			
	Oxford Hills	4:00/4:30	Leavitt	Mt. Ararat	Edward Little	MCI					
	Old Town Sectionals	TBA	Brewer								
Saturday, October 4	Belfast (Troy Howard)	9:30	Festival of Champions			(Registration open June 3rd)					
			Oceanside	Hampden Acad.	Brunswick	Cony	Camden Hills	Medomak Valley	Erskine Acad.	Mt. Blue	Nokomis
			Winslow	Messalonskee	Lincoln Acad.	Bangor	Brewer	Waterville	Lawrence	Lewiston	MCI
			Edward Little	Skowhegan	Leavitt	Gardiner	Morse	Mt. Ararat	Oxford Hills		
Friday, October 10	Mt. Blue	4:00	Mt. Blue Relays			Mt. Ararat	Lewiston	Lincoln Acad.	Brewer	Waterville	Brunswick
			Bangor	Oxford Hills	Gardiner	Edward Little	Cony	Belfast	Erskine Acad.		
	MCI	4:00/4:45	Lawrence	Skowhegan	Camden Hills	Medomak Valley	Oceanside				
	Messalonskee	4:00/4:30	Nokomis	Morse	Hampden Acad.	Winslow					
Post Season											
Saturday, October 18	Cony		KVAC Championship			Girls 11:00, Girls JV 11:45, Boys 12:30, Boys JV 1:15					
Tuesday, October 21	Edward Little	4:00	Super Seven JV Meet								
Saturday, October 25	Belfast (Troy Howard)	TBA	MPA North Regional Championships								
	Cumberland (Twin Brook)	TBA	MPA South Regional Championships								
Tuesday, October 28	Bangor	4:00	Second Seven Meet								
Saturday, November 1	Cony	TBA	MPA State Championships								
Saturday, November 8	Thetford Academy, VT	TBA	New England Championships								