

**WMC Cross Country 2011 Schedule      Final (5/16/11)**

Sat. 8/27	Lake Region Invitational	10:00 am
Mon. 8/29	WMC xc coaches meeting at Waynflete	6:30 pm

Girls run at 4:30, Boys run at 5:00 in 2011.

<u>Date</u>	<u>Participating Schools</u>	<u>Host School</u>	
Fri. 9/2	Gray, SV Freep, Wayn, Yarm Fryeb, Merric, Traip/Wells LR, NYA, York	@ Cape @ Poland @ Greely @ Falmouth	
Fri. 9/9	Greely, Pol Falm, Gray SV, Yarm, York	@ NYA @ Merriconeag @ Fryeburg	
Sat 9/10	Cape, LR, Traip/Wells	@ Freeport	10:00 am
Fri. 9/16	Cape, Merric, Pol Yarm, NYA, Traip/Wells Falm, Fryeburg Greely, SV, Wayn	@ York High School @ Gray @ Freeport @ L Region	
Thu 9/22	Falm, Pol, SV, Traip	@ Wells	
Fri 9/23	LR, Merric, Gray Fryeb, NYA, York	@ Yarmouth @ Cape	
Sat 9/24	Freeport, Greely, Wayn	@ Manchester Invitational	
Thu 9/29	Freep, Gray, Greely	@ York/Traip @ Fort Foster	
Fri. 9/30	SV, Wayn	@ Poland Homecoming	
Sat 10/1	Falmouth, Wells, Yarmouth	@ Belfast Invitational	
Sat 10/1	Cape, NYA, Merric	@ Fryeburg Homecoming @ High School	
Fri. 10/7	Freep, Merric, SV Fryeb, Gray, Poland Wayn, Wells, York Cape, Falm, Yarm	@ NYA @ L Region @ Traip @ Greely	(This date is 4:00 girls, 4:30 boys)
Fri 10/14	WMC Championship (2:00 course walk, 3:30 first race)	@ Falmouth Community Park	
Sat. 10/22	Regionals	@ Twinbrook	
Sat. 10/29	State Meet	@ Twinbrook	

