

WMC Cross Country 2010 Schedule **Final**

Boys race at 4:30, Girls race at 5:00 in 2010.

<u>Date</u>	<u>Visiting Schools</u>	<u>Host School</u>	
Fri. 9/3	Falm, LR, NYA	@ Cape	
	Freep, Merricon, Traip/Wells	@ York	
	Greely, Gray, Poland, Yarm	@ Fryeburg	
Fri. 9/10	NYA, Wayn, Traip/Wells	@ Yarmouth	
	Cape, York	@ Greely	
	Fryeb, Poland	@ Lake Region	
Sat. 9/11	Falm, Gray	@ Freeport	
Fri. 9/17	Cape, Gray, Traip	@ Wells	
	Freep, NYA, York	@ Poland	
	Fryeb, Wayn	@ Merriconeag	
	Greely, LR, Yarm	@ Falmouth	
Sat. 9/25	Southwest Classic (WMC & SMAA) 8:30 walk, 10:00 BV, 10:45 GV, 11:30 BJV, 12:15 GJV	@ Twinbrook	
Thu. 9/30	LR, Wells/Traip	@ York (@ Fort Foster)	
Fri. 10/1	Cape, Merricon, Poland	@ Freeport	
Sat. 10/2	Falm, Greely, NYA, Wayn, Yarm, York Boys (split team)	@ Belfast Invitational	
Sat. 10/2	Gray	@ Fryeburg Homecoming	
Thur. 10/7	WMC Championship (2:00 course walk, 3:30 BV, 4:00 GV, 4:30 BJV, 5:00 GJV)	@ Falmouth	
Fri. 10/15	Fryeburg, Yarm, York	@ Cape	(4:00 start for this date)
	Greely, Merricon, Wayn	@ NYA	
	Falm, Poland, Wells	@ Traip	
	Freep, LR	@ Gray	
Sat. 10/23	Regionals	@ Twinbrook	
Sat. 10/30	State Meet	@ Belfast	