

Western Maine Conference

2022 Nordic Race Schedule

GIRLS Start First in 2022

Date	Race #	Location	Host(s)	Distance / Technique	Schools
Wednesday, January 05, 2022	1a	Pineland	Freeport	5k Skate - Mass Start	Freeport, Bruns, MCW, Fal, Greely, Gray, York, NYA + Leavitt
	1b	Stark's	Fryeburg	5k Skate - Mass Start	Fryeburg, Yarmouth, Port, Deer, Chev, Waynflete
Wednesday, January 12, 2022	2a	Libby Hill	Greely & Yarmouth	5k Classic - Mass Start	Gray, Fryeburg, Yarmouth, Freeport, Bruns, Greely, York
	2b	Pineland	MCW & Waynflete	5k Classic - Mass Start (Skate if difficult waxing)	Port, Deer, Chev, MCW, Waynflete, Falmouth, NYA
Monday, January 17, 2022	3	Riverside	Portland & Falmouth	Skate Sprint	All Schools
Wednesday, January 26, 2022	4a	Libby Hill	Freeport	5k Skate - :15 Intervals	Freeport, Bruns, Port, Deer, Chev, MCW, Waynflete
	4b	Twin Brook	Greely	5k Skate - :15 Intervals	Greely, Fryeburg, Yarmouth, Gray, Falmouth, York, NYA
Wednesday, February 02, 2022	5	Stark's	Fryeburg	5k Classic - Wave Start (Skate if difficult waxing)	All Schools
Wednesday, February 09, 2022	6	WMCC - Libby Hill or Pineland	Fryeburg	5k Classic - :15 Individual Start	Western Maine Conference Schools
Saturday, February 12, 2022	7	WMCC - Stark's Awards	Fryeburg	5k Skate - Pursuit Start	Western Maine Conference Schools
Tuesday, February 15, 2022		Rain / Snow Date			
Venue Race Contacts:				WMC Schools - 10 total	
Libby Hill - Carl Holmquist		carlh@maine.rr.com			Freeport
Pineland - Matt Sabasteanski		msabasteanski@pinelandfarms.org			Fryeburg
Pineland - Neal Reynolds		nreynolds@pinelandfarms.org			GrayNG
Stark's - John Weston		weston@fairpoint.net			Greely
Riverside - George Aponte-Clarke		coachgeorge@portlandnordic.org			Maine Coast Waldorf (MCW)
Twin Brook - Emily Cartwright		emilyski@yahoo.com			North Yarmouth Academy (NYA)
					St.Doms - *No Team in 2022
					Waynflete
					Yarmouth
					York
					SMAA Guest Schools - 5 total
					Brunswick
					Portland
					Deering
					Cheverus

Start Time												
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