

Spring Running Club



1. Check-out Procedure: At the end of each practice, parents/guardians must initial the check-out book with Coach and return yellow running vests.
2. Please notify WCC if runner will not be attending Practice or a Meet.
3. We are looking for volunteers to help with practices and race events.
4. Meet Bus Departs from the WCC. * Course Walk-thru 4:00pm * Meet Starts 4:15pm
5. Additional optional practices will be scheduled by the Coaches.

Practice	5:30 - 6:45	April 1st (Monday) All Divisions
Practice	5:30 - 6:45	April 3rd (Wednesday) All Divisions
Practice	5:30 - 6:45	April 5th (Friday) 5/6 Grade Division
Practice	5:30 - 6:45	April 8th (Monday) All Divisions
Practice	5:30 - 6:45	April 10th (Wednesday) All Divisions
Practice	5:30 - 6:45	April 12th (Friday) 5/6 Grade Division
Practice	TBD	April 15th (Monday) Vacation Week - All Divisions
Practice	TBD	April 17th (Wednesday) Vacation Week - All Divisions
Practice	TBD	April 19th (Friday) Vacation Week - 5/6 Grade
Practice	5:30 - 6:45	April 22nd (Monday) All Divisions
Practice	5:30 - 6:45	April 24th (Wednesday) All Divisions
Practice	5:30 - 6:45	April 26th (Friday) 5/6 Grade Division
Practice	5:30 - 6:45	April 29th (Monday) All Divisions
Meet	4:15 start	May 1st at Cumberland - Depart WCC by 3:15 pm (Wed)
Practice	5:30 - 6:45	May 3rd (Friday) 5/6 Grade Division
Practice	5:30 - 6:45	May 6th (Monday) All Divisions
Meet	4:15 start	May 8th (Home Meet) WCC/WMHS (Wednesday)
Practice	5:30 - 6:45	May 10th (Friday) 5/6 Grade Division
Practice	5:30 - 6:45	May 13th (Monday) All Divisions
Meet	4:15 start	May 15th at Brunswick - Depart by 3:15 pm (Wednesday)
Practice	5:30 - 6:45	May 17th (Friday) 5/6 Grade Division
Practice	5:30 - 6:45	May 20th (Monday) All Divisions
Meet	4:15 start	May 22nd at Pownal - Depart by 3:15 pm (Wednesday)
Practice	5:30 - 6:45	(Optional) May 24th (Friday) 5/6 Grade Division
PRACTICE	5:30 - 6:45	(Optional) Memorial Day - May 27th (Monday) All Divisions
Practice	5:30 - 6:45	May 29th (Wednesday) All Divisions

Championship Meet - June 1st at Twin Brook in Cumberland - NO BUS

Car Pool if needed Departs @ 11:00 am Walk - thru @ 12:30 pm

(All League Meet at 1 pm - Saturday) (Rain Date - June 2nd)