



Cross Country Schedule 2024

| Day | Date | Opponent | Time | Bus |
|----------|-------|------------------------------------|-----------|------------|
| Saturday | 9/7 | @ Ellsworth | 12 p.m. | 9:30 a.m. |
| Friday | 9/13 | @ Presque Isle (UMPI) | 4 p.m. | 10 a.m. |
| Saturday | 9/21 | @ Saxl Park (Senior Day—JB/Brewer) | 11 a.m. | |
| Saturday | 9/28 | @ Old Town | 1 p.m. | |
| Saturday | 10/5 | @ Belfast (Festival of Champions) | 11 a.m. | 8 a.m. |
| Saturday | 10/12 | @ Houlton | 12 p.m. | 8 a.m. |
| Saturday | 10/19 | @ Houlton (PVC) | 12 p.m. | 8 a.m. |
| Saturday | 10/26 | @ Belfast (Northern Regional) | 1:30 p.m. | 10:30 a.m. |
| Saturday | 11/2 | @ Cumberland (State Championship) | 1:30 p.m. | 9:30 a.m. |
| Sunday | 11/9 | @ TBD (NE Championship) | TBD | TBD |

Head Coach: Tyler Parsons (tyler.parsons92@gmail.com)

* Practices will be held between the Darling Center, Bangor City Forest, Saxl Park, and the Bangor Cross Country Training Facility (Griffin Rd. Bangor).

** All meets are subject to change based on weather and facility issues. We will keep you updated with any changes.

*** Regional and State Championship start times have not been released yet. We will update the schedule as those times become final.