

2023 Coastal Running League
Fall Schedule of Meets

September 20th

RSU 5, Portland, Yarmouth & Holy Cross at Cumberland
Cape Elizabeth, St Brigid & Scarborough at Falmouth
Wiscasset, Topsham, Chewonki, Brunswick, Bowdoinham at Harpswell

September 27th

Falmouth, Portland, Holy Cross & Scarborough at Cape Elizabeth
Cumberland, Friends School, St Brigid & Topsham at Yarmouth
Wiscasset Brunswick, Chewonki, Harpswell, Bowdoinham at RSU 5 (Durham Elem)

October 4th

Wiscasset, Chewonki & Harpswell, Bowdoinham at Pownal (RSU 5)
Yarmouth, Holy Cross, Brunswick & Topsham at Falmouth
Scarborough, Cape E, Portland & St. Brigid at Cumberland

October 11th

Topsham, Friends School, & Cumberland at Yarmouth
Falmouth, Portland, Holy Cross, St Brigid & Cape E. at Scarborough
Wiscasset, Harpswell, Chewonki, Bowdoinham & RSU 5 at Brunswick

October 14th **All - League Meet 1pm** **at** **Twin Brook**

(October 15th) Rain Date

Distances of competition:
1st/2nd Grade - half mile; 3rd/4th Grade - 3/4 mile ; 5th/6th Grade- 1 mile