

# Go the Distance Cross Country League 2025



*Please make sure to bring the proper clothing, a water bottle and a positive attitude to these meets!*

*Reminder-No pets allowed at these events.*

This league is made up of the following programs;

Lake Region (Bridgton, Casco, Naples & Sebago), Lewiston,

Knights (Poland, Minot, Mechanic Falls), Norway and Raymond.

The goal of our league is for our young runners to have a fun experience, learn the basics of running and to offer friendly competitions! During the regular meets, we will allow runners to race in one of the following distances: **Ages 8 & under option of 1/2 Mile or 1 Mile. Ages 9-12 Option 1 Mile or 2 Mile.**

| Date         | Meet Location  | Time    |
|--------------|--|---------|
| September 13 | Lake Region High School-1877 Roosevelt Trail, Naples           | 1:00pm  |
| September 20 | No meet  | No meet |
| September 27 | Raymond- Tassletop; 1 Tassell Top Drive, Raymond               | 1:00pm  |
| October 4    | 640 Maine Street, 22 Robbins Rd, Poland, ME 04274              | 1:00pm  |
| October 11   | Lewiston-MacMahon Elementary School-151 N. Temple St, Lewiston | 1:00pm  |

The following Championship Meet below is optional for our runners.

**1<sup>st</sup>/2<sup>nd</sup> Grade - half mile**  
**3<sup>rd</sup>/4<sup>th</sup> Grade - ¾ mile**  
**5<sup>th</sup>/6<sup>th</sup> Grade- 1 mile**

This championship event has an entry fee per participant of \$4.50. Each program will need to register their own runners if they choose to participate in the Championship.. Deadline to register will be October 1<sup>st</sup>.

|                                      |   |   |
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| October 18<br>(Rain date October 19) | Twin Brooks Recreational Park-<br>185 Tuttle Rd, Cumberland | First races start at 1:00pm-More Info will be provided to programs once registered. |
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