

# Coastal Running League Practice & Meet Schedule

Cumberland/N. Yarmouth Recreation Spring 2024

Head Coach: Katie Caiazzo: [cnyrunningclub@gmail.com](mailto:cnyrunningclub@gmail.com)

## All Practices will be at Twin Brook Recreation Area (Second Parking Lot)

Monday	April 22	Practice	3:30-4:45pm
Wednesday	April 24	NO PRACTICE	
Friday	April 26	Practice	3:30-4:45pm
Monday	April 29	Practice	3:30-4:45pm

**Wednesday May 1 Meet 4:15pm – HOME (Twin Brook Rec)**  
**(No Transportation from Wilson School to Twin Brook)**

Friday	May 3	Practice	3:30-4:45pm
Monday	May 6	Practice	3:30-4:45pm

**Wednesday May 8 Meet 4:15pm – at FREEPORT (Winslow Park)**  
**(No transportation to meet)**

Friday	May 10	Practice	3:30-4:45pm
Monday	May 13	Practice	3:30-4:45pm

**Wednesday May 15 Meet 4:15pm – HOME (Twin Brook Rec)**  
**(No Transportation from Wilson School to Twin Brook)**

Friday	May 17	Practice	3:30-4:45pm
Monday	May 20	Practice	3:30-4:45pm

**Wednesday May 22 Meet 4:15pm – at Falmouth (Community Park)**  
**(No Transportation to meet)**

Friday	May 24	NO PRACTICE - MEMORIAL DAY WEEKEND	
Monday	May 27	NO PRACTICE - MEMORIAL DAY WEEKEND	
Wednesday	May 29	Practice	3:30-4:45pm (Potential Meet Make-up Day, if needed)
Friday	May 31	Practice	3:30-4:45pm

**Saturday June 1 CHAMPIONSHIP at 12:00 at TWIN BROOK RECREATION AREA**

Monday	June 3	Final Practice & Awards (3:30-4:45pm)	
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**Distances of competition: Grade 1 & 2 - half mile; Grade 3 & 4 -  $\frac{3}{4}$  mile; Grade 5 & 6 - 1 mile**

Cancellations: In the event of rain, cancellations will be announced at school prior to dismissal. Parents will also be emailed.

**For more information about the schedule, please see coaches or call the Recreation Office (829-2208)**

