

Harpwell Harriers XC

Fall 2024 Season Schedule



Mon 9/16: Practice 3:30-4:30
Wed 9/18: Practice 3:30-4:30
Mon 9/23: Practice 3:30-4:30
Wed 9/25: Meet @ Mitchell Field – Harpswell 1410 Harpswell Neck Rd - Walkthrough 4:15 *3:05 Dismissal
Mon 9/30: Practice 3:30-4:30
Wed 10/2: Meet @ Bowdoinham 8 River Road at Waterfront Park- Walkthrough 4:15 *3:05 Dismissal
Mon 10/7: Practice 3:30-4:30
Wed 10/9: Meet @ Pownal Elementary School 587 Elmwood Road, Pownal - Walkthrough 4:15 *3:05 Dismissal
Mon 10/14: No Practice - Holiday
Wed 10/16: Meet @ Wiscasset Middle/High School 242 Gardiner Road, Wiscasset - Walkthrough 4:15 *3:05 Dismissal
Sat 10/19: Championship Race @ Twin Brook 185 Tuttle Road, Cumberland *Times TBD – will email closer to date *Rain Date: 10/20
Mon 10/21: Practice 3:30-4 * NOTE shortened time

***Dismissal info for meet days:**

Dismissal at 3:05: All Harriers will be dismissed to the library exit of the school where parents will pick up and sign out their child(ren) from the coaches. Parents will transport runners to races. Please plan ahead. If you have questions about dismissal procedures, please contact the Recreation Department. 833-5771

Upon Arrival at Races: Due to the large number of kids on the team we ask parents for help supervising their runners until the walkthrough, even after coaches arrive. Coaches are often asked to help with extra duties on race days and we want to keep the kids safely supervised.

Hello Parents!

Thank you for registering your child(ren) for the Harpswell Harriers XC program! Practices will be Mondays 3:30-4:30 at Harpswell Community School and meets on Wednesdays with other local XC teams in surrounding Mid Coast towns. **First practice will be Monday, September 16th!**

Coaches: This year's coaches are Tom Vogt and Scott Gill - **THANK YOU**, Tom and Scott for volunteering!

Tom Vogt: 207.210.2471 email: tom.vogt07@gmail.com

Scott Gill: 207.632.2709 email: spg7158@gmail.com

What you will need: Sneakers, water bottle and layers of warm clothing. Harpswell Recreation will supply a uniform T-shirt to each participant. (Each runner gets one new T-shirt each school year- please see a coach if you lose your shirt)

After School Permission: Please email Mrs. Card with permission for your student to stay after school for practice. You may do this weekly or (or preferably) for the entire season. (cardc@link75.org)

Practice Dismissal/Drop Off: HCS students will be dismissed to the gymnasium where coaches will be there to collect them for practice. If you are dropping off your child, please escort them across the parking lot and into the building. When picking up from practice, parents must sign out their child with the coaching staff, no exceptions.

Schedule: A full schedule will be handed out at the first practice. The first meet will be September 25th at Mitchell Field. Schedule and contact info available online at www.harpswellrecreation.com (on the Harriers program page)

Medical Note: Any inhalers or other medical necessities should be labeled and available. If a child cannot self-administer, a parent or guardian should be on-site to do so.

What about rain?: We do our best to NOT cancel, but in the case of heavy rain, thunder, or standing water we'll cancel. We will do our best to notify you of cancellations by 1pm.

We look forward to seeing all of you and your kiddos. If you have any questions, please feel free to contact me via email kmatthews@town.harpswell.me.us or call 833.5771

Gina Caldwell & Kayla Matthews
Harpswell Recreation and Community Services