

Mt. Ararat High School - Winter Athletics - 2009-2010 (Updated 11/16/09)

Varsity/JV/Frosh Boys Basketball

Date	place	opponent	Frosh	JV	Varsity
11/28	@	Greely	X	X	TBA
12/1	@	Deering	X	X	TBA
12/4	H	Morse	4:00	5:30	7:00
12/8	@	Brunswick	4:00	5:30	7:00
12/11	H	Cony	4:00	5:30	7:00
12/15	@	Oxford Hills	4:00	5:30	7:00
12/17	@	Richmond	4:00	X	X
12/19	@	Hampden	12:30	2:00	3:30
12/22	H	Bangor	3:30 (Bruns)	X	6:30
12/29	@	Messalonskee	10:00	11:30	1:00
1/2	H	Lewiston	12:00	1:30	3:00
1/5	@	Edward Little	4:00	5:30	7:00
1/7	@	Morse	4:00	5:30	7:00
1/9	H	Brunswick	X	3:30	5:00
1/12	@	Cony	4:00	5:30	7:00
1/15	H	Skowhegan	4:00	5:30	7:00
1/22	H	Richmond	5:00	X	X
1/22	@	Bangor	X	X	7:00
1/26	H	Erskine	4:00	5:30	7:00
1/29	@	Lewiston	4:00	5:30	7:00
2/2	H	Edward Little	4:00	5:30	7:00
2/4	H	Oxford Hills	4:00	5:30	7:00

Varsity/JV/Frosh Girls Basketball

Date	place	opponent	Frosh	JV	Varsity
11/21	@	Lawrence	X	X	TBA
11/28	@	McAuley	X	X	TBA
12/4	@	Morse	4:00	5:30	7:00
12/8	H	Brunswick	4:00	5:30	7:00
12/11	@	Cony	4:00	5:30	7:00
12/15	H	Oxford Hills	4:00	5:30	7:00
12/17	@	Richmond	5:30	X	X
12/19	H	Hampden	12:30	2:00	3:30
12/22	H	Bangor	X	X	5:00
12/29	H	Messalonskee	X	2:00	3:30
1/2	@	Lewiston	11:00	12:30	2:00
1/5	H	Edward Little	4:00	5:30	7:00
1/7	H	Morse	4:00	5:30	7:00
1/9	@	Brunswick	11:00	12:30	2:00
1/12	H	Cony	4:00	5:30	7:00
1/15	@	Skowhegan	4:00	5:30	7:00
1/22	H	Richmond	3:30	X	X
1/22	@	Bangor	X	X	5:30
1/26	@	Erskine	4:00	5:30	7:00
1/29	H	Lewiston	4:00	5:30	7:00
2/2	@	Edward Little	4:00	5:30	7:00
2/4	@	Oxford Hills	4:00	5:30	7:00

Wrestling

Date	Place	Opponents	Time
11/28	@	Westlake Invitational	9:00
12/5	@	Westbrook	9:30
12/9	@	Winslow	7:00
12/12	@	McDonalds-Rumford	9:30
12/16	H	Oxford Hills, Nokomis	6:00
12/19	@	Camden Hills with Mt. Blue	10:00
		Ellsworth, Westbrook	
12/23	H	Morse	7:00
12/26	@	Cony Duals	10:00
12/28-29	@	Noble Tourney	9:30/10:00
1/2	@	Mt. Blue with Erskine, Oak Hill	10:00
		Mt. View, Mt. Valley	
1/6	@	MCI and Lincoln	6:00
1/9	H	Cony, Skowhegan, Windham	9:00
1/13	@	Gardiner	6:00
1/16	H	Brewer, Medomak, Portland	9:00
1/23	@	Essex Jct. Tourney	TBA
1/30	@	KVAC's	TBA
2/6	@	Regionals-Westbrook	TBA
2/13	@	States - Noble	TBA

Varsity Ice Hockey

Date	H/A	Opponent	Time
11/23	H	Oxford Hills	7:45
12/2	@	Lawrence - scrimmage	6:05
12/5	H	Brunswick	7:15
12/1	H	HD/W/M	5:45
12/19	@	Cony	5:50
12/22	H	GN-G/Poland	5:00
12/30	H	Windham	1:30
1/2	@	GN-G/Poland	2:00
1/7	H	Skowhegan	6:00
1/9	@	Windham	4:00
1/11	H	Edward Little	5:00
1/13	@	Edward Little	7:30
1/16	@	Massabesic	6:00
1/18	H	Sanford	5:15
1/21	@	Brunswick	5:00
1/23	@	Camden Hills	6:00
1/27	@	Skowhegan	5:10
2/4	H	Messalonskee	7:30
2/11	H	Cony	7:30
2/16	@	HD/W/M	12:00

Varsity Cheering

1/18	@	KVAC Championships - ACC
1/23	@	Regionals - ACC
2/16	@	States - ACC

Boys & Girls Swim and Dive

Date	Place	Opponents	Start
12/11	@	Messalonskee (WTVL)	3:00
12/15	@	Morse	7:00
12/18	H	Lewiston (ND)	7:00
12/22	H	Belfast/St.Dom/Brunswick	5:30
1/8	H	Cony/Brunswick	5:30
1/12	H	Gardiner/Brunswick	5:30
1/15	@	Belfast (Brunswick divers)	5:00
1/26	@	Lincoln/Wiscaset	5:30
1/29	H	Brunswick	7:30
2/4	@	KVAC Diving Championships	Bowdoin
2/6	@	KVAC Swim Championships - Bath	
2/15	@	Boys States-Bowdoin	
2/16	@	Girls States - Bowdoin	

*warm up 1/2 hour before meet

Boys and Girls Nordic Ski

Date	Event	Place	1 st race
12/31	Rangeley Lake Invite	Rangeley	11:00
01/02	Leavitt Hornett	Leavitt	10:00
01/09	Telstar Relays	Bethel	10:00
01/16	Maranacook Waves	Maranacook	1:00
01/23	Jackson Classic - New Hampshire		10:00
01/30	Sassi Memorial	Black Mt.	10:00
02/03	KVAC Championships	Black Mt.	2:00
02/06	KVAC Championships	Titcomb	TBA
02/10	Coastal Freestyle	Camden	3:30
2/16-18	State Championships	Black Mt. Rumford	TBA

Boys & Girls Indoor Track

Date	Opponents	Time
12/19	Bowdoin Relays	TBA
12/30	Cony, Edward Little, Rockland, Winslow	9:00am
	Camden Hills, Medomnak Valley @ BOWDOIN	
1/9	Belfast, Cony, Gardiner, Lewiston	9:00am
	@ BOWDOIN	
1/16	Brunswick, Erskine, Lawrence, MCI, Mt. Blue, Mt. View, Skowhegan, Winslow	9:00am
	@ BOWDOIN	
1/23	Brunswick, Erskine, Edward Little, Winslow	9:00am
	Gardiner, Lewiston, Mt. View, Waterville, Messalonskee, Skowhegan @ COLBY	
1/29	Brunswick, Cony, Edward Little, Lewiston	7:00pm
	@ BOWDOIN	
2/6	KVAC Championships at Bowdoin	8:00am
2/15	State Championships - USM Gorham	10:00AM