



2025 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS



SEASON STARTS: August 11, 2025!

This Update: **Jan 20, 2025**

PRACTICE: 5 Days/Week right after school (Mon-Tue-Thu-Fri: 4:00-6:00, Wed: 3:15 - 5:30)

PRACTICE LOCATIONS VARY: MCHS Campus, Montecito Pk, Spring Lake, Annadel, Howarth Pk

RACE DISTANCES: 2 miles, 3 miles or 5K

TRAINING: 3-7+ miles/day or 20-35+ miles/week; all training individually based on fitness level and goals.

IMPORTANT 2025 DATES:

JUN 2 - Aug 9th: 10 weeks of Local Group Summer Runs, 5 days/wk (off Fri/Sun)

July 27 -Aug 1st: Tahoe Running Camp (6 days at Zephyr Cove Campground)

AUG 11: First Day of MCHS XC Team Practice!

NOV TBD: North Bay-Oak League Championships! (end of JV 13-wk season)

NOV 22: North Coast Section Championships! (Varsity only)

NOV 29: State Championships! (Varsity only; end of 16-wk season for Varsity)

MAKING THE ROSTER/NO CUTS! Anyone can join the team through the month of August, even after try-outs for other MCHS sports are done! Final roster limited to first 75 that make our "Fitness Standard" (Fitness Standard is

two miles on the track: Boys: 14:00 or 7:00/mile pace, Girls: 16:30 or 8:15/mile pace). FYI: In 2021, 65+ runners made this standard during weekly time trials over the first 5 weeks of the season. Varsity level is determined by mile race pace over 3 miles on the local Spring Lake Course (Girls ~7:00/mile pace and Boys ~5:40/mile pace) typically, our top 12-15 Runners make-up Varsity squad, rest will be on our unlimited JV roster.

COMPETITION: Starts early Sep – mid Nov, includes 4-6 XC Invites during season (both JV/Varsity compete) most meets local with select roster for traveling to farther away meets.

OHANA NIGHTS: We have 3 Cross Country Family or "Ohana Nights", where teammate's families host a complete dinner during the season at teammate's homes (6-8PM), they are lots of fun!

The MCHS Boys and Girls teams have had much success over the years in our North Bay League, North Coast Section and at the State Championships! ...We expect 2025 to be another "banner" year, so come out and be a part of our winning tradition!!!



Girls XC Team NBL Championships (21 of the last 24 years!):

'24,'23,'21,'19,'18,'17,'16,'15,'14,'13,'12,'11,'10,'09,'08,'07,'06,'05,'04,'03,'01

Girls XC Team NCS Championships: '13,'12,'11,'09,'08,'05,'04

Girls Top 5 team in State: '18 (5th),'08 (3rd),'07 (4th),'06 (3rd),'04 (2nd),'01 (5th)

Boys XC Team NBL Championships (18 of the last 22 years!):

'24,'23,'22,'21,'19,'18,'17,'16,'15,'14,'13,'12,'09,'07,'06,'05,'04,'03

Boys XC Team NCS Championships: '19,'17,'15,'13,'12,'06,'05

Boys Top 5 team in State: '21 (3rd), '19 (2nd)



...Need more information? www.mariacarrillorun.com

MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net

...GO PUMAS!!!