

Maria Carrillo Cross Country or Track & Field introduction to XCStats*!

*XCStats organizes MCHS team's/individual athletes stats into an "easy to use" database

- Access to every MCHS Athlete's performance for the current season or previous seasons!
- Compare current athletes to other MCHS athletes in our "All-Time" performance list data base, going back through 26 years of MCHS XC and Track & Field History!

FIRST STEP: Log into www.XCStats.com > Schools > Maria Carrillo High School:

Los Gatos High School	LOS GATOS	CA	35	0
Lynbrook High School	San Jose	CA	50	3
X Maria Carrillo High School	Santa Rosa	CA	26	25
Marin Catholic High School	Kentfield	CA	26	7
Marshall Fundamental High School	Pacadena	CA	15	6

Below is the MCHS Home Screen, where current season of XC in Fall / Track & Field in Spring will display, looks like this:



CROSS COUNTRY STATS: to start, click on "MARIA CARRILLO XC" on left margin of this page: →

➤ Here are some basic stats/easy to access data for XC:

-From this screen, you can check on season meet results by just clicking on hyperlinked text for each race; to re-sort any data, just click on the header tabs

-You can also click on the "SEASON SUMMARY REPORT" for summary of all race results for the entire roster; to re-sort any data, just click on any header tab to sort data! (see SEASON SUMMARY REPORT example Appendix A)

-For XC course comparison reports, click on any XC course from the left margin and it will display the "All-Time" performances for each XC course (see example/instructions in ALL TIME REPORTING in Appendix B for Spring Lake 2.97 Mi comparison for Gracie Trenam and Trenton Dawson).

-For individual career comparison reports, see instructions and example in Appendix C and comparison for Gracie Trenam and Coach Leanne [Fogg] West

TRACK & FIELD STATS: to start, click on "MARIA CARRILLO T&F" on left margin of MC Home Screen: →

➤ Here are some basic stats/easy to access data for Track & Field:

-From the MCHS Home screen, you can check on individual season meet results by just clicking on hyperlinked text for each race; to re-sort data, just click on any of the header tabs

-Click on the "SEASON'S TOP MARKS" for a summary of PRs listed by event for that season

-For All-Time Track & Field event performance comparison, click on "ALL-TIME MARKS AND GRAPHS" and use the filtering options available to create data/reports, then click "CREATE REPORT"

APPENDIX A: Maria Carrillo Cross Country SEASON SUMMARY Report

Instructions: From MCHS XC Home Screen > Click on "Season Summary Report"

Example from '22 XC Season: Girls team roster improvement 53% through Nov 5, Boys 66%! (Note: This data doesn't consider individuals missing races due to illness or injuries, races we didn't run hard, temperature variability, etc...) -Just click on any header in table below to re-sort data

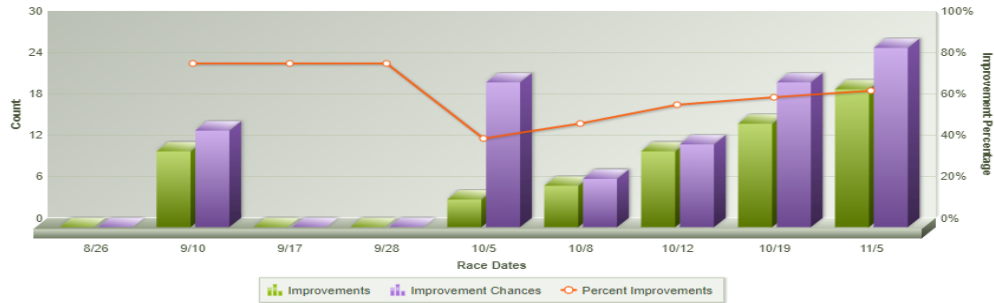
2022 Season Summary Report - Boys

[Hide Graph](#)

Also available: [Girls Report](#) [Whole School](#) [Improvements & Goal Accomplishments Table](#)

Cumulative Improvements - Boys

The graph below shows the number of improved performances, compared to the number of chances for improvements for each race and the cumulative percentage of the ratio of those two values.



Individual Summary Report - Boys

The specially formatted cells below have the following meanings:

- Bolded text = New PR
- Italic text = Never run race before (i.e. no chance for a PR or Improvement)
- Underlined text = Either LY or LR Improvement
- Best performance of season - Best position of finish compared to other racers in the field.

The Improvement totals are shown in the summary columns. "Imp" shows the total number of Improvements compared to Improvement chances. "PRs" shows the number of PRs. Subtracting the PR's from the total number of Improvements gives the total number of LY and/or LR Improvements.

Runnr	Gr	Ranch Cotat Invit 8/26 Ranch Cotat HS	Ed Sias Invit 9/10 Hidde Valle Park	De La Salle Nike Invit 9/17 Newha Park	NBL#1 MCHS v Piner 9/28 Footh Park Winds	NBL#2 MCHS v Winds 10/5 Footh Park Winds	Clovi Invit 10/8 Woodw Park	NBL#3 MCHS v Montg 10/12 Sprin Lake Park	NBL#4 MCHS v Santa Rosa 10/19 Sprin Lake Park	NBL Oak Champ 11/5 Sprin Lake Park	#	Avg Pce Totl Time	Adj Avg Fin ?	Adj Rnk ?	Imp	PRs
Gubera, Sean	Sr	16:01 5:20 3	10:47 5:23 1	17:29 5:50 5	19:10 6:11 2		16:59 5:29 3	16:12 5:27 3	16:18 5:29 1	15:51 5:20 1	8	5:34 128:46	2.4	2	4/5	3
Sanderson, Grant	Jr	15:57 5:19 2	11:00 5:30 2	16:29 5:30 1	19:08 6:10 1	19:46 6:23 1	16:34 5:21 1	16:05 5:25 1	16:42 5:38 2	16:16 5:29 2	9	5:39 147:57	1.7	1	5/6	3
Wilson, Jack	So		11:11 5:36 4						17:12 5:48 5	16:25 5:32 3	3	5:39 44:49	4.0	4	3/3	3
Donohue, Jonathan	Sr	15:54 5:18 1	11:24 5:42 6	17:30 5:50 6	19:48 6:23 4	20:46 6:42 5	17:09 5:32 6	16:09 5:26 2	16:37 5:38 3	16:35 5:35 4	9	5:48 151:51	4.0	4	5/6	3

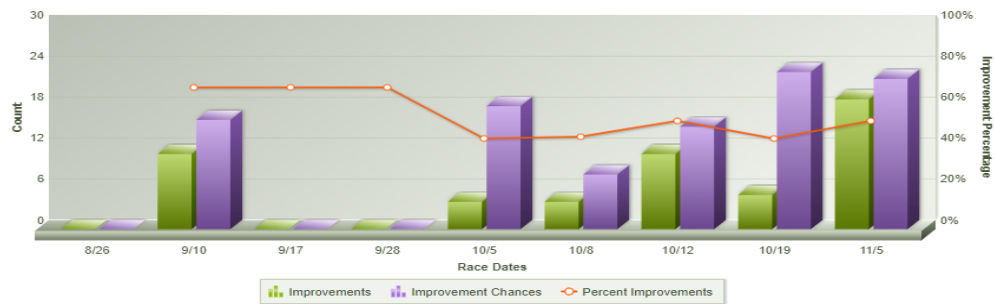
2022 Season Summary Report - Girls

[Hide Graph](#)

Also available: [Boys Report](#) [Whole School](#) [Improvements & Goal Accomplishments Table](#)

Cumulative Improvements - Girls

The graph below shows the number of improved performances, compared to the number of chances for improvements for each race and the cumulative percentage of the ratio of those two values.



Individual Summary Report - Girls

The specially formatted cells below have the following meanings:

- Bolded text = New PR
- Italic text = Never run race before (i.e. no chance for a PR or Improvement)
- Underlined text = Either LY or LR Improvement
- Best performance of season - Best position of finish compared to other racers in the field.

The Improvement totals are shown in the summary columns. "Imp" shows the total number of Improvements compared to Improvement chances. "PRs" shows the number of PRs. Subtracting the PR's from the total number of Improvements gives the total number of LY and/or LR Improvements.

Runnr	Gr	Ranch Cotat Invit 8/26 Ranch Cotat HS	Ed Sias Invit 9/10 Hidde Valle Park	De La Salle Nike Invit 9/17 Newha Park	NBL#1 MCHS v Piner 9/28 Footh Park Winds	NBL#2 MCHS v Winds 10/5 Footh Park Winds	Clovi Invit 10/8 Woodw Park	NBL#3 MCHS v Montg 10/12 Sprin Lake Park	NBL#4 MCHS v Santa Rosa 10/19 Sprin Lake Park	NBL Oak Champ 11/5 Sprin Lake Park	#	Avg Pce Totl Time	Adj Avg Fin ?	Adj Rnk ?	Imp	PRs
Trenam, Gracie	Jr	16:36 6:12 1	12:53 6:26 1	19:07 6:22 1	22:16 7:12 1	22:11 7:09 1	19:40 6:21 1	18:13 6:06 1	19:24 6:32 1	18:48 6:20 1	9	6:32 171:11	1.0	1	6/6	4
Szczekocki, Brooke	So	19:38 6:33 3	13:50 6:55 3	20:28 6:49 3	23:08 7:28 3	23:16 7:30 2	20:23 6:35 3	19:33 6:35 2	19:54 6:42 2	19:38 6:37 2	9	6:52 179:49	2.7	2	3/6	1
Moe, Kira	Jr	19:47 6:36 4	13:30 6:45 2	20:09 6:43 2	23:02 7:26 3	23:18 7:31 3	20:33 6:38 4	20:11 6:48 4	20:19 6:50 3	19:53 6:42 3	9	6:54 180:41	3.0	3	5/6	4
Gross, Isabelle	Fr	21:46 7:15 16	14:55 7:28 12	14:15 7:08 2	26:42 8:37 12	27:55 9:00 8	21:47 7:02 7	20:43 6:58 6	20:57 7:03 5	19:59 6:44 4	9	7:30 168:58	8.0	9	1/3	1

APPENDIX B: Maria Carrillo Cross Country Course ALL-TIME Reporting

Instructions to compare performance by specific XC Course: From MCHS XC Home Screen > Click on a specific XC Course to compare from left margin:

Example using Spring Lake 2.97 Mi Course: Click on “Spring Lake Park”
 ...Next, select any of the filters available using the using the filters Available (see below), then click on “CREATE GRAPH”:



To modify the report, make a selection from each column below and re-run.

Report Type	Graduation Filter	Grade Filter	Gender	Distance
<input checked="" type="radio"/> Indiv PR's	<input type="radio"/> Current Runners Only	All Grades	<input type="radio"/> Boys	2.97
<input type="radio"/> Team PR's	<input checked="" type="radio"/> Grads AND Current	(Grade filter for indiv report.)	<input checked="" type="radio"/> Girls	

RE-RUN REPORT **CREATE GRAPH**

Example #1) Gracie Trenam's
 18:13 performance is #9 on our MCHS XC All-Time List for the 2.97 Mi. Spring Lake Course!

Course PR Report: Spring Lake Park

The Report Below Currently Displays:

- Individual PR's
- Grads & Current Runners
- All Grades
- Girls
- 2.97 miles
- Grads & Current Runners

To modify the report, make a selection from each column below and re-run.

Report Type	Graduation Filter	Grade Filter	Gender	Distance
<input checked="" type="radio"/> Indiv PR's	<input type="radio"/> Current Runners Only	All Grades	<input type="radio"/> Boys	2.97
<input type="radio"/> Team PR's	<input checked="" type="radio"/> Grads AND Current	(Grade filter for indiv report.)	<input checked="" type="radio"/> Girls	

RE-RUN REPORT **CREATE GRAPH**

-Note: Gracie's time of 18:13 was just 2 spots or 7 seconds behind Coach Leanne [Fogg] West's time on Spring Lake when she was a freshman (Leanne went on to be a nationally ranked/school record holder distance runner at Cal Poly).

All Time Rank	Runner Name	Grad Year	Time	Pace	PR Date	PR Event	# of Races	Graph full race history on course (pick up to 15)
1	Jenny Aldridge	2002	17:06	5:45	11/20/1	MCHS All Time List	4	<input type="checkbox"/>
2	Amy Robinson	2005	17:39	5:57	11/8/02	MCHS All Time List	5	<input type="checkbox"/>
3	Lauren Curtin	2010	17:54	6:02	11/5/08	MCHS All Time List	5	<input type="checkbox"/>
4	Lauren Kraus	2013	18:00	6:04	10/26/11	NBL #4	8	<input type="checkbox"/>
5	Kristen Sanzari	2007	18:05	6:05	11/5/04	MCHS All Time List	4	<input type="checkbox"/>
6	Sydney Rivas	2018	18:05.1	6:05	11/10/17	NBL Championships	12	<input type="checkbox"/>
7	Leanne Fogg	2007	18:06	6:06	11/5/04	MCHS All Time List	5	<input type="checkbox"/>
8	Jacqui Wentz	2006	18:07	6:06	11/4/05	MCHS All Time List	4	<input type="checkbox"/>
9	X Gracie Trenam	2024	18:13	6:08	10/12/22	NBL#3 MCHS v Montgomery	6	<input type="checkbox"/>
10	Aimee Armstrong	2019	18:15	6:09	10/25/17	NBL - CG, MC, SR	8	<input type="checkbox"/>

Example #2) Trenton Dawson's
 '22 performance of 16:23 is #3 on our MCHS XC All-Time Freshman List for the Spring Lake Course!

Course PR Report: Spring Lake Park

The Report Below Currently Displays:

- Individual PR's
- Grads & Current Runners
- Freshman Records
- Boys
- 2.97 miles
- Grads & Current Runners

To modify the report, make a selection from each column below and re-run.

Report Type	Graduation Filter	Grade Filter	Gender	Distance
<input checked="" type="radio"/> Indiv PR's	<input type="radio"/> Current Runners Only	Frosh Records	<input checked="" type="radio"/> Boys	2.97
<input type="radio"/> Team PR's	<input checked="" type="radio"/> Grads AND Current	(Grade filter for indiv report.)	<input type="radio"/> Girls	

RE-RUN REPORT **CREATE GRAPH**

-Note: Trenton's time of 16:23 this season is 25 seconds faster than '19 State Champ and current Cal Poly scholarship athlete, Colton Swinth's freshman time!

Grade Rank	Runner Name	Grad Year	Time	Pace	PR Date	PR Event	# of Races	Graph full race history on course (pick up to 15)
1	Jordan Kinley	2002	15:45	5:18	9/1/98	MCHS All Time List	2	<input type="checkbox"/>
2	Noe Vieyra	2022	16:17	5:29	10/9/18	Oak #1- MC, Monty, SR	6	<input type="checkbox"/>
3	X Trenton Dawson	2026	16:23.3	5:31	10/12/22	NBL#3 MCHS v Montgomery	2	<input type="checkbox"/>
4	Jordan Scobey	2016	16:24	5:31	11/2/12	NBL League Finals	13	<input type="checkbox"/>
5	Colin Gibson	2012	16:26	5:32	9/1/08	MCHS All Time List	9	<input type="checkbox"/>
6	Kurt Wendler	2011	16:33	5:34	11/9/07	MCHS All Time List	1	<input type="checkbox"/>
7	Jacob Wright	2018	16:34	5:35	10/15/14	NBL #2	13	<input type="checkbox"/>
7	Jacob Donohue	2022	16:34	5:35	10/31/18	Oak #4 - MC, Healdsburg	5	<input type="checkbox"/>
7	Oswaldo Rodriguez Lopez	2022	16:34	5:35	10/31/18	Oak #4 - MC, Healdsburg	5	<input type="checkbox"/>
10	Rory Smail	2020	16:37	5:36	11/4/16	NBL Championships	9	<input type="checkbox"/>
11	Michael Brew	2006	16:44	5:38	9/1/02	MCHS All Time List	4	<input type="checkbox"/>
12	Grant Williams	2009	16:45	5:38	9/1/05	MCHS All Time List	5	<input type="checkbox"/>
13	Armando Ramirez	2013	16:46	5:39	9/1/09	MCHS All Time List	1	<input type="checkbox"/>
14	Colton Swinth	2020	16:48	5:39	11/4/16	NBL Championships	9	<input type="checkbox"/>

APPENDIX C: Maria Carrillo Cross Country CAREER COMPARISON Reporting

Instructions to compare All-Time career performance by individual athlete: From MCHS XC Home Screen > Click on “CAREER COMPARISON GRAPH” option on left margin

Example using Career Comparison of Gracie Trenam / Leanne [Fogg] West: ...Once roster appears, click on any names to compare stats, then choose from available filters

All-Time Report

This report ranks athletes by average career pace. You may also graphically overlay the careers of selected athletes.

The Report Below Currently Displays:

- Grads & Current Runners
- Girls
- Minimum of 5 races

To modify the report, make a selection from each column below and re-run.

Graduation Filter	Gender	Min Race Filter	Sort By
<input type="radio"/> Current Runners Only	<input type="radio"/> Boys	<input type="radio"/> 1	<input checked="" type="radio"/> 5
<input checked="" type="radio"/> Grads AND Current	<input checked="" type="radio"/> Girls	<input type="radio"/> 10	<input type="radio"/> 20
			<input type="radio"/> Alpha

RE-RUN REPORT

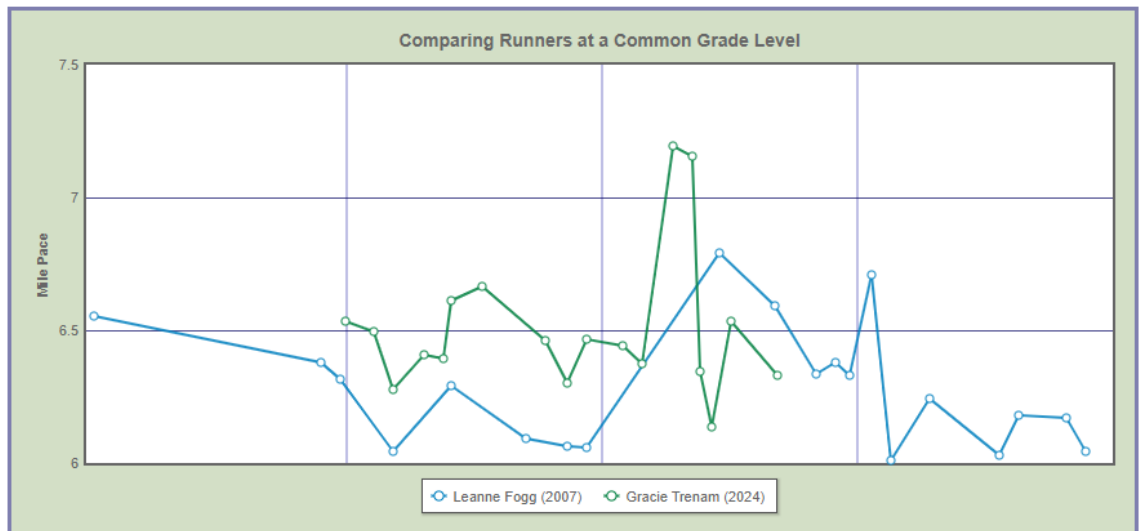
CREATE OVERLAY GRAPH

All Time Rank	Name	Grad Year	Avg Pace	# of Events	Imprmnts	Select Runners to Overlay Careers
1	Jenny Aldridge	2002	6:02	11	5/7	<input type="checkbox"/>
2	Amy Robinson	2005	6:06	18	4/9	<input type="checkbox"/>
3	Lauren Curtin	2010	6:13	20	5/10	<input type="checkbox"/>
4	Leanne Fogg	2007	6:16	21	8/11	<input checked="" type="checkbox"/>
5	Kristen Sanzari	2007	6:17	17	5/9	<input type="checkbox"/>
6	Aimee Armstrong	2019	6:20	39	21/24	<input type="checkbox"/>
7	Nicole Morris	2021	6:20	25	10/16	<input type="checkbox"/>
8	Alia Gray	2007	6:22	13	4/4	<input type="checkbox"/>
9	Lauren Kraus	2013	6:22	31	12/18	<input type="checkbox"/>
10	Shaz Breedlove	2015	6:23	35	16/21	<input type="checkbox"/>
11	Ashlee Drady	2003	6:25	14	4/6	<input type="checkbox"/>
12	Gracie Trenam	2024	6:26	23	9/10	<input checked="" type="checkbox"/>
13	Andrea Natoli	2015	6:27	24	6/12	<input type="checkbox"/>
14	Ashley Busienei	2022	6:29	30	13/16	<input type="checkbox"/>

...Next: Click on “CREATE OVERLAY GRAPH” and this graph report should display + summary PR table, comparing both athlete’s career head-head for common XC courses:

Comparing Careers

This graph plots the careers of your selected runners (21 runners max). Only races between September 1st and December 1st are plotted.



Comparing Course PR's For Common Courses

Name	Gr	Time	Pace	PR Date	PR Meet
Hidden Valley Park - 2 miles					
Gracie Trenam	Jr	12:52.8	6:26	9/10/22	Ed Sias Invitational
Leanne Fogg	Sr	13:25	6:43	9/9/06	Ed Sias Invitational
Spring Lake Park - 2.97 miles					
Leanne Fogg	So	18:06	6:06	11/5/04	MCHS All Time List
Gracie Trenam	Jr	18:13	6:08	10/12/22	NBL#3 MCHS v Montgomery
Woodward Park - 3.1 miles					
Leanne Fogg	Sr	18:44	6:03	11/25/06	CA State Finals
Gracie Trenam	Jr	19:40.4	6:21	10/8/22	Clovis Invitational