

# 2020 MCHS CROSS COUNTRY Updated June '20

## Highlights of our Program:

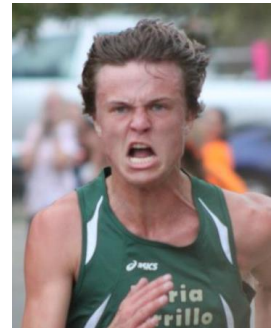


### TRAINING AND RACING!

- **5 DAYS A WEEK PRACTICES:** Mon: 3:00 - 5:30, Tue-Fri: 3:30 - 5:30
- **PRACTICE LOCATIONS:** MCHS, Montecito Park, Spring Lake, Annadel, Howarth Park
- **WORKOUTS:** 3-6+ miles/day or 20-35+ miles/week; training customized individually based on fitness level.
- **FLEXIBLE SCHEDULING:** ...If your athlete has other activities, we are "flexible" in making up workouts, or running OYO
- **RACE DISTANCES:** 2 miles, 3 miles or 5K (3.1 miles)
- **COMPETITION:** TBD for 2020 at this time (June '20), typically starts early Sep through mid Nov, includes 4-5 XC Invites (non-mandatory) during season with both JV and Varsity attend invites, League meets ), most meets are local, with a select roster (typically top 14 boys and girls) traveling to overnight competitions.

### THE TEAM!

- **MAKING THE ROSTER:** Anyone can join the team through the month of August, even after try-outs for other sports are done! ...Final roster limited to max 85 that make "Fitness Standard" ...What is the Fitness Standard? It's two miles on the track. -For Boys: 14:00 (or 7:00/mile pace) and Girls: 16:30 or (8:15/mile pace). In 2019, we had 63 runners make the standard, done via weekly time trials for the first 5 weeks of the season. ...**2020 UPDATE:** This year, due to all the COVID-19 restrictions, modifying our Fitness Standard to something similar to being able to run at a reasonable pace without stopping for 20 minutes steady...
- **MAKING VARSITY:** 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 our Varsity squad, the rest are on our unlimited JV roster.
- **PASTA FEEDS:** We will have 4-5+ XC Family or "Ohana Nights", where teammate's families host a complete dinner during the season at teammate's homes (6-8PM); they're lots of fun!



**SUMMER TRAINING:** ...Details TBD: Hoping to start Week of June 15<sup>th</sup>: 6PM MWF group Summer training runs and 9AM Saturday runs. -Not mandatory for making the MCHS XC team; group Summer runs will go up through August 10<sup>th</sup> (the week before school starts).

### IMPORTANT 2020 DATES:

**Monday, Aug 10<sup>th</sup>:** First Day of MCHS XC Team Practice!

**Wednesday, Aug 19<sup>th</sup>:** Mandatory Team Parent Meeting

**Friday, Nov 13<sup>th</sup>:** NBL (North Bay-Oak League) Championships; this is the end of 12-week season for JV athletes!

**Saturday, Nov 21<sup>st</sup>:** North Coast Section Championships (Varsity only); top 4 teams qualify for State.

**Saturday, Nov 28<sup>th</sup>:** State Championships: (Varsity only); this is the end of 15-week season for Varsity athletes!



The MCHS Boys and Girls teams have had much success over the years in our North Bay League, North Coast Section and State Championships! ...We expect 2020 to be another "banner" year, so come be a part of our winning tradition!!!  
History of MCHS XC Team Championships:

**Girls XC Team NBL Championships (17 years in a row and still going!):**

'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

**Boys XC Team NBL Championships (8 years in a row!):**

'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

**CONTACT HEAD COACH, GREG FOGG, (707) 291-2967**

[greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) or our team website

[www.mariacarrillorun.com](http://www.mariacarrillorun.com)

**GO PUMAS!!!**

