

MCHS XC 2021 ITENERARY (8/29/21)

NBL XC Interlock (NBL Redwood/Oak) Wednesday, September 1st, 2021

Hosted by Casa Grande High School

333 Casa Grande Rd, Petaluma, CA 94954



Dismissed from class **1:50 PM** > Cars leaving the MCHS Parking Lot **2:05 PM** > Arrive at CGHS **3:00 PM**

IMPORTANT: Transportation will be coordinated with parents/coaches leaving MCHS at 2:05 from the MCHS parking lot, there will be no bus or school provided transportation!; rides home assumed will be with parents!

RACE SCHEDULE: There is no fixed race schedule, the first race will start at 4PM, then subsequent races will begin once the last runner from the previous race finishes.

RACE SCHEDULE/ROSTERS (55 total MCHS athletes):

4:00 PM, JV Boys (13): Grant S, Deion M, Jason P, Nick G, Justin H, Gabe S, Rami N, Gavin N, Dominick C, Kapil D, Isaiah F, Henry T, Elliot E

~4:30 PM, JV Girls (18): Katie C, Carley S, Brooke S, Natalie F, Allie D, Cielo M, Catherine L, Grace G, Myrea H, Phoebe S, Ella J, Rachel L, Sara R, Cate B, Amy C, Allison K, Abby T, Rikki V

~5:00 PM, Varsity Boys (9): Jacob D, Noe V, Jack W, Benji C, Logan D, Jonathan D, Sean G, Adam M, Oswaldo R

~5:20-5:30 PM, Varsity Girls (15): Ashley B, Vivien M, Rebekah T, Gracie T, Avery H, Brooke C, Ella C, Carmen J, Isabella M, Mia C, Kira M, Emma H, Lily C, Leyna G, Nola M

CASA CAMPUS COURSE MAP (5K Starts/finishes on track) 1st mile = Green > 2nd mile = Red > Finish = Yellow



Questions? ...Contact MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net Look for more information or updates to be published on our Team Website here: www.mariacarrillorun.com

GO PUMAS!!!