



2021



MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS

Date of this release 8/6/21

PRACTICE: 5 Days/Week (Mon: 3:00 - 5:30, Tue-Fri: 3:30 - 5:30) **LOCATIONS:** MCHS, Montecito Pk, Spring Lake, Annadel, Howarth Pk

RACE DISTANCES: 2 miles, 3 miles or 5K (3.1 miles)



TRAINING: 4-7+ miles/day or 20-35+ miles/week; all training individually based on fitness level and goals.

IMPORTANT 2021 DATES: **2021 PRACTICE SCHEDULE 4-6PM (Mon-Tue-Thu-Fri) and 3:15-5:30PM (Wed)**

June 7: 6PM Group summer training runs start 5 days/week. FREE! -Open to public, not mandatory for making the MCHS XC team: **Mon:** Channel Dr., **Tue/Fri:** Howarth Park, **Wed:** Park Trail, **Sat:** 9AM runs! (locations vary/TBD). -Summer training ends August 7th (weekend before practice starts).

Mon Jul 26 – Sat, Jul 31: Zephyr Cove Tahoe Running Camp (\$200/camper, limited to first 75 runners)

Mon, Aug 9th: First Day of MCHS XC Team Practice!

Fri, Nov 12th: North Bay-Oak League Championships! ...This is the end of 14-week season for JV athletes.

Sat, Nov 20th: North Coast Section Championships! (Varsity only)

Sat, Nov 27th: State Championships! (Varsity only) ...This is the end of 16-week season for Varsity athletes.

MAKING THE ROSTER: Anyone can join the team through August, even after try-outs for other MCHS sports are done! ...Final roster limited to first 85 that make our “Fitness Standard” (Fitness Standard is 2 miles on the track. For Boys: 14:00 or 7:00/mile pace and for Girls: 16:30 or 8:15/mile pace). In 2019, we had 70+ runners make the standard during weekly time trials for 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 our Varsity squad, the rest are on our unlimited JV roster.



COMPETITION: Starts early Sep through mid-Nov, includes 4-6 XC Invites during season (both JV/Varsity compete) most meets local with select roster traveling to Fresno/L.A. competitions.

OHANA NIGHTS: We have 4-5 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 State Championships! ...We expect 2021 to be another “banner” year, so come out and be a part of our winning tradition!!!



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

...Need more information?

CONTACT MCHS XC HEAD COACH, GREG FOGG, (707) 291-2967 greg.fogg@comcast.net or get updates from our team website www.mariacarrillorun.com

GO PUMAS!!!