



MCHS XC 2021 ITENERARY

(9/15/21 added Hotel Room Assignments)



September 18, 2021
WOODBIDGE INVITE HOSTED BY WOODBRIDGE HIGH SCHOOL

Event Website: <http://gvarvas.com/>

Race Location: Silver Lakes Sports Park, 5555 Hamner Ave, Norco CA 92860

Live Results: <http://gvarvas.com/results/>

More Coverage Here on Race Day: <https://cross-country-classic.runnerspace.com/>

EVENT HIGHLIGHTS: This event is the largest High School Cross Country event in the Nation, hosting ~450 teams competing over 2 days. **Video Link to 2019 Race:** https://www.youtube.com/watch?v=DDVcQRAP_B0 (MCHS in yellow top/green shorts starting in middle-left side)

COACHES IN CHARGE: Coach Greg Fogg, Coach John Moe
+ **PARENT CHAPERONES:** Patrick & Samantha Donohue, Terry Mattice

SATURDAY, 9/18 WOODBRIDGE RACE SCHEDULE/MCHS XC RACE ROSTERS (23 TOTAL ATHLETES):

- 7:18 pm Varsity Girls-A Gold: Nola M, Isabella M, Carmen J, Kira M, Emma H, Mia C, Brooke S
- 8:06 pm Varsity Boys-A Gold: Oswaldo R, Jack W, Sean G, Logan D, Benji C, Adam M, Jonathan D
- 8:54 pm Varsity Girls Rated: Ashley B, Vivien M, Rebekah T, Gracie T, Avery H, Brooke C, Ella C
- 9:14 pm Varsity Boys Rated (possibly entering Sweeps Race at 9:54 pm): Jacob D, Noe V

LOGISTICS:

FRIDAY, 9/17: Leaving MCHS Parking Lot 8:00 am > SWA flight #WN1662 departing Noon from OAK > arriving ONT 1:30 pm > Check into Hotel by 2:30 pm > Shake-Out Run at Silver Lakes Sports Park > Team Dinner at 7:00 pm > Lights Out 10:00 pm

SATURDAY, 9/18: Last Call Breakfast 10 am > 1:00 pm meet for Lunch > 4:00 meet for light Dinner > Leave Hotel 5:00 pm for Silver Lakes Sports Park > 10:00 pm finish races > late dinner pizza (details TBD) > Lights Out by Midnight

SUNDAY, 9/19: Leave Hotel 7:30 am > SWA flight #WN535 departing ONT 10:25 am > arrive OAK 11:45 pm > back at MCHS 3:00 pm

HOTEL DETAILS: Hampton Inn Norco-Corona-Eastvale 1530 Hamner Ave. Norco CA 92860 US

11 Hotel Rooms: 1) Jacob, Noe, Jack 2) Sean, Benji, Jon 3) Logan, Oswaldo, Adam, 4) Ashley, Vivien, Rebekah 5) Avery, Ella, Gracie, Carmen 6) Isabella, Kira, Nola, Mia 7) Emma, Brooke C, Brooke S 8) Donohues 9) Mattice 10) Coach John 11) Coach Greg

ATHLETES, WHAT TO BRING? Bring your own money to cover your own lunch and snacks or race souvenir expenses (but remember Silver Lakes Sports Park is cashless due to Covid considerations). ...Our team is picking up flights, car rentals and dinners, using the money we've earned through fundraising.

ATHLETE PACKING: Please pack light! Prefer 1 backpack/small duffle back to fit in carry-on (no wheelie luggage!)

ATHLETE DONATION: We are asking every athlete attending to donate \$150 to help in covering the expenses of this trip; keep in mind this donation is not a firm requirement or a condition of making this roster!

3 MILE (FAST!) COURSE MAP LINK: <http://gvarvas.com/course-map/>

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!!!