



# 2022 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS



**SEASON STARTS:** Monday, August 8<sup>th</sup>, 2022!

**PRACTICE:** 5 Days/Week right after school (Mon-Tue-Thu-Fri: 4:00-6:00, Wed: 3:30 - 5:30)

**PRACTICE LOCATIONS VARY:** MCHS Campus, Montecito Pk, Spring Lake, Annadel, Howarth Pk

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

**TRAINING:** 3-7+ miles/day or 20-35+ miles/week; all training individually based on fitness level and goals.

## IMPORTANT 2022 DATES:

**JUNE 6:** GROUP SUMMER TRAINING BEGINS! 6PM Group 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! -Summer training ends August 6<sup>th</sup> (MCHS weekly practice starts on August 8<sup>th</sup>).

**JUL 31 – AUG 5:** Zephyr Cove Tahoe Running Camp (\$200/camper, limited to first 75 runners)

**AUG 8:** First Day of MCHS XC Team Practice! (FYI: Freshman Orientation Aug 9, 1-4pm)

**NOV 11:** North Bay-Oak League Championships! (end of 14-wk season for JV athletes)

**NOV 19:** North Coast Section Championships! (Varsity only)

**NOV 26:** State Championships! (Varsity only; end of 16-wk season for Varsity athletes)



**MAKING THE ROSTER/NO CUTS!** Anyone can join the team through the month of 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 two miles on the track: Boys: 14:00 or 7:00/mile pace, Girls: 16:30 or 8:15/mile pace). FYI: In 2021, 65+ runners made this standard during weekly time trials over 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 Varsity squad, rest will be 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 are local with select roster for traveling to farther away meets.



**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 2022 to be another "banner" year, so come out and be a part of our winning tradition!!!



**Girls XC Team NBL Championships (18 years in a row and still going!):**

'22,'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

**Girls Top 5 team in State:** '18 (5<sup>th</sup>),'08 (3<sup>rd</sup>),'07 (4<sup>th</sup>),'06 (3<sup>rd</sup>),'04 (2<sup>nd</sup>),'01 (5<sup>th</sup>)

**Boys XC Team NBL Championships (9 years in a row!):**

'22,'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

**Boys Top 5 team in State:** '21 (3<sup>rd</sup>),'19 (2<sup>nd</sup>)

...Need more information? [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

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...GO PUMAS!!!