



2023 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS



Update: Nov 3, 2022

SEASON STARTS: August 9, 2023!

PRACTICE: 5 Days/Week right after school (Mon-Tue-Thu-Fri: 4:00-6:00, Wed: 3:15 - 5:30)

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

RACE DISTANCES: 2 miles, 3 miles or 5K

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

IMPORTANT 2023 DATES:

JUN 5 – AUG 1: 8 weeks of Local Group Summer Runs, 5 days/wk

AUG 2 – AUG 8: Tahoe Running Camp (Zephyr Cove Campground)

AUG 9: First Day of MCHS XC Team Practice!

NOV 4: North Bay-Oak League Championships! (end of JV 13-wk season)

NOV 18: North Coast Section Championships! (Varsity only)

NOV 25: State Championships! (Varsity only; end of 16-wk season for Varsity)



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 75 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 – mid Nov, includes 4-6 XC Invites during season (both JV/Varsity compete) most meets 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 at the State Championships! ...We expect 2023 to be another "banner" year, so come out and be a part of our winning tradition!!!



Girls XC Team NBL Championships (19 years in a row and still going!):

'21,'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 (5th),'08 (3rd),'07 (4th),'06 (3rd),'04 (2nd),'01 (5th)

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

'21,'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 (3rd),'19 (2nd)

...Need more information? www.mariacarrillorun.com

MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net

...GO PUMAS!!!