



MCHS XC 2023 ITENERARY (9/8/23 FINAL)
ED SIAS INVITE Saturday, September 9th, 2023
Hosted by Campolindo High School
EVENT WEBSITE [LINK](#)



RACE LOCATION: Hidden Valley Park, Center Ave. Martinez, CA 94553
 (~1.5 hr. drive from MCHS) Park Entrance is at Redwood Dr & Center Avenue, Martinez, CA 94553

***** 64 58 TOTAL MCHS XC ATHLETES CONFIRMED! *****

CONFIRMED DRIVERS (need 33 seats total): Leave MCHS in 2 waves/please get to MCHS early to leave on-time!

- 1) **6:00 AM (18 seats):** Greg (4), Chad (1), Ruben (4), Jon Mallon (1), Steve G (5), Nicky S (3)
- 2) **7:00 AM (32 seats):** Leanne (6), Marion (6), Spicey John (4), Trenam (10), Gross (6)

-Parents driving athletes OYO (25): Isa D, Maddy D, Trysten T, Milo W, Quinne C, Dalila C, Brooke S, Magnus S, Mia C, Allie D, Dominic R, Joslyn T, Keon T, Sophie B, Laszlo K, Jack W, Jacobo E, Anuja D, Kapil D, Marian S, Marlon O, Keeley G, Maya P, Shay J, Cameron J

PARKING INSTRUCTIONS: Drop-off athletes near entrance to Hidden Valley Park, then park in nearby residential area/walk back to the park entrance (will take 10-15 min walk back to venue from parking)

➤ **EXPECTATION: PARENTS WILL ATTEND/GIVE THEIR OWN KIDS A RIDE HOME UNLESS YOU TEXT GREG!**

46 TEAMS COMPETING! (...FYI: Rancho Invite was only 10 teams competing) [LINK](#)
2022 results: [LINK](#) 2023 LIVE RESULTS: [LINK](#)

SATURDAY, 9/9/23 RACE SCHEDULE/MCHS XC RACE ROSTERS:

- 8:30 am Community & Coach Race UNLIMITED (2): Tyler H, Scott B (Note: NOT a High School sanctioned race!)
- 9:00 Boys' Frosh (7): Max G, Chris G, Dylan I, Ben K, Laszlo K, Magnus S, Logan T
- 9:25 Boys' Frosh- Soph Limited (7): Cameron J, James M, Jonathan R, Aiden S, Ben T, Trysten T, ~~Kevin T~~
- 9:50 Girls' Frosh-Soph Limited (7): Sophie B, Isa D, Keeley G, Isabelle G, Marian S, Carlie T, Joslyn T
- 10:15 Boys' Varsity SMALL SCHOOL (7): Kapil D, Trenton D, Nick G, Austin P, Grant S, ~~Gabe S~~, Jack W
- 10:40 Girls' Varsity SMALL SCHOOL (7): Mia, Katie C, ~~Andi F~~, Ashlin M, Kira M, Brooke S, ~~Gracie T~~, Carley S, Grace G
- ~~11:05 Boys' Varsity LARGE SCHOOL (7): (No MCHS Entries)~~
- ~~11:30 Girls' Varsity LARGE SCHOOL (7): (No MCHS Entries)~~
- 11:55 Boys' Junior Varsity Limited (7): Jacobo E, Isaiah F, Ivan F, Shay J, Aston R, Dominic R, Milo W
- 12:20 pm Girls' Junior Varsity Limited (7): Anuja D, Allie D, Natalie F, Savannah F, ~~Grace G~~, Nola M, ~~Carley S~~
- 12:45 Boys' FS & JV Unlimited (4): ~~Shengkai H~~, Elliott R, Keon T, Marlon O
- 1:10 Girls' FS & JV Unlimited (9): Cate B, ~~Ruby B~~, Dalila C, Quinne C, Maddy D, Myrea H, Rachel L, Maya P, Abby T

AWARDS: Awards given out immediately after each race. Please try to stay through our last race to support all MCHS athletes!!! (Soph. Boys can attempt to bring back the "dance party" after the last race)

- ALL RACES:** Top 10 individual finishers receive New Balance prizes, top 4 individuals receive medals
- ALL SCORING DIVISIONS:** Winning teams receive Championship Plaque, top 4 teams medals (7 per team)
- VARSITY DIVISIONS:** Top 4 teams receive New Balance prize packs

ED SIAS HIDDEN VALLEY PARK 2.0 MILE COURSE MAP LINKS:

- .PDF Version of Hidden Valley Park 2-Mile Course Map [LINK](#)
- VERY COOL video review including elevation and fly-Over of Hidden Valley Park 2-Mile Course Map [LINK](#)

CONCESSION STAND: Many refreshments, including cold juices & sodas, fresh fruit, granola & sports bars, candy, hamburgers & hot dogs will be available throughout the duration of the meet at reasonable prices!

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

GO PUMAS!!!