



MCHS XC 2023 ITENERARY (9/14/23)

September 16, 2023

WOODBIDGE INVITE HOSTED BY WOODBRIDGE HIGH SCHOOL

Event Website [LINK](#)



Race Location: [Orange County Great Park](#) (8000 Great Park Blvd, Irvine, CA 92618)

Race Day Coverage: <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 2022 Race:** (MCHS did not attend this meet last year)

COACHES ATTENDING (21 Total Passenger Seats): Coach Greg Fogg (3), Coach John Moe (5), Coach Chad Petrik + **PARENTS DRIVING:** Carrol Gross (5), Kelli Dawson (5), Jack Szczekocki (3) Note: Gabe S driving down separately + Donohues have 2 seats coming back)

SATURDAY, 9/16/23 WOODBRIDGE RACE SCHEDULE/MCHS XC RACE ROSTERS (21 TOTAL ATHLETES):

- 6:22 pm Girls Soph Gold (3): **Keeley G, Isabelle G, Savannah F**
- 7:18 pm Varsity Girls-A Gold (7): **Kira M, Brooke S, Andi F, Katie C, Carley S, Grace G, Allie D**
- 8:06 pm Varsity Boys-A Gold (5): **Trystan T, Cameron J, Jonathan R, James M, Aiden S**
- 9:14 pm Varsity Boys Rated (6): **Jack W, Trenton D, Austin P, Grant S, Gabe S, Nick G**

LOGISTICS:

FRIDAY, 9/15: Leave Library next to MC 7:30 am > Stop for Lunch ~Noon-12:30 > arriving at Hotel ~5:30 > Check into Hotel > Drive to Great Park to spectate/shake-out Run > Team Dinner at 7:00 > Back to Hotel > Lights Out 10:00

SATURDAY, 9/16: Last Call Breakfast 10am > Leave Hotel 11am to preview Great Park course > 1:00pm meet for Lunch > 4:00 meet for light early dinner > Leave Hotel 5:00 for Silver Lakes Sports Park > 10:00 finish races > late dinner pizza (details TBD) > Lights Out by Midnight

SUNDAY, 9/17: Leave Hotel 7:30am > Stop for Lunch ~Noon > back at MCHS 4:00-4:30pm

HOTEL DETAILS: **La Quinta Inn & Suites by Wyndham Irvine Spectrum** / 14972 Sand Canyon Ave, Irvine, CA 92618 / Phone: (949) 551-0909 (Hotel is less than 2 miles from the Orange County Great Park facility)

11 Hotel Rooms: **1)** Gabe, Grant, Nick, Jack **2)** Trenton, Austin, Trystan **3)** Cameron, Jonathan, James, Aiden **4)** Kira, Brooke, Andi **5)** Katie, Carley, Grace, Allie **6)** Isabelle, Keeley, Savannah **7)** Coach Greg **8)** Coach Chad **9)** Coach John **10)** Szczekocki **11)** Dawson

ATHLETES, WHAT TO BRING? Athletes bring money to cover your own lunch, snacks or race souvenir expenses. ...Our team is picking up hotel, car rental (if needed) and team breakfast + dinner expenses.

ATHLETE PACKING: Please pack light! Prefer 1 team backpack + small soft duffle bag (no wheelie luggage!)

ATHLETE DONATION: *We are asking every athlete attending this event to donate \$80* to help in covering the expenses of this trip (this will be a \$5K+ total expense, including Hotel/Travel expenses); keep in mind this donation is NOT a firm requirement or a condition of making this travel roster!

3.0 MILE [VERY, VERY FAST!] COURSE MAP [LINK](#)

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!!!