

2024 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS





This Update: May 28, '24

SEASON STARTS: August 12, 2024!

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 2024 DATES:

JUN 3 - Aug 10th: 10 weeks of Local Group Summer Runs, 5 days/wk July 26 -July 31: Tahoe Running Camp (6 days at Zephyr Cove Campground)

AUG 12: First Day of MCHS XC Team Practice!

NOV 9: North Bay-Oak League Championships! (end of JV 13-wk season)

NOV 23: North Coast Section Championships! (Varsity only)

NOV 30: State Championships! (Varsity only; end of 16-wk season for Varsity)

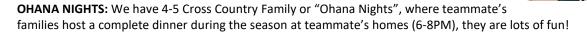


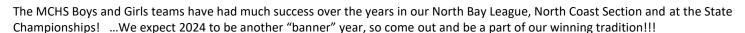
MAKING THE ROSTER/NO CUTS! Anyone can join the team through the month of August, even after try-

outs for other MCHS sports are done! <u>Final roster limited to</u> <u>first 75 that make our "Fitness Standard"</u> (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.





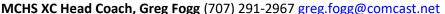


Girls XC Team NBL Championships (20 of the last 23 years!): '23,'21,'19,'18,'17,'16,'15,'14,'13,'12,'11,'10,'09,'08,'07,'06,'05,'04,'03,'01 Girls XC Team NCS Championships: '13,'12,'11,'09,'08,'05,'04 Girls Top 5 team in State: '18 (5th),'08 (3rd),'07 (4th),'06 (3rd),'04 (2nd),'01 (5th)

Boys XC Team NBL Championships (17 of the last 21 years!): '23,'22,'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



...GO PUMAS!!!

