

2024 MCHS XC Roster Last Name (9/6/24)	2024 MCHS XC Roster First Name	Gender	Grade	9/14/24 Ed Sias Race	9/3/24 Training Group	Lead Training Coach	8/30/24 Predicted 3 Mi XC RACE PACE 1600m	8/30/24 ACTUAL RANCHO RACE TIME (est.) 3 Mi.	9/3/24 3 Mi XC RACE PACE 1600m	9/5/24 3 Mi XC <4%> RACE PACE 1600m
Petrik	Austin	Boy	11	10:15 B V	1.0	Greg	5:20	15:45	5:15	5:27
Wilson	Jack	Boy	12	NO	1.0	Greg	5:30	15:45	5:15	5:27
Jones	Cameron	Boy	10	10:15 B V	1.0	Greg	5:20	16:11	5:23	5:36
Boydajieff	Scott	Boy	11	10:15 B V	1.5	Greg	5:35	16:09	5:23	5:35
Treinen	Trystan	Boy	11	10:15 B V	1.5	Greg	5:30	16:18	5:26	5:39
Hall	Tyler	Boy	11	10:15 B V	1.5	Greg	5:35	16:22	5:27	5:40
Dawson	Trenton	Boy	11	10:15 B V	2.0	Greg	5:40	16:44	5:34	5:48
Dave	Kapil	Boy	12	10:15 B V	2.0	Greg	5:45	16:50	5:36	5:50
Wiese	Milo	Boy	11	11:55 B JV	2.0	Greg	5:40	17:00	5:40	5:53
Rath	Jonathan	Boy	11	11:55 B JV	2.0	Greg	5:40	17:03	5:41	5:54
Trenam	Kevin	Boy	11	11:55 B JV	2.0	Greg	5:50	17:40	5:53	6:07
Thompson	Logan	Boy	10	9:25 B FS	3.0	Greg	6:05	17:59	5:59	6:14
Kearns	Laszlo	Boy	10	9:25 B FS	3.0	Greg	6:15	18:01	6:00	6:14
Taylor	Ben	Boy	11	NO	3.0	Greg	6:05	18:07	6:02	6:16
Rashap	Aston	Boy	12	11:55 B JV	3.0	Greg	6:05	18:11	6:03	6:18
Gubera	Chris	Boy	10	9:25 B FS	3.0	Greg	6:05	18:15	6:05	6:19
Iezza	Dylan	Boy	10	9:25 B FS	3.0	Greg	6:05	18:20	6:06	6:21
Smith	Aiden	Boy	11	11:55 B JV	3.0	Greg	5:50	18:30	6:10	6:24
Muir	James	Boy	11	11:55 B JV	3.0	Greg	6:10	18:30	6:10	6:24
Helms	Jackson	Boy	9	9:25 B FS	4.0	Greg	6:20	18:25	6:08	6:23
Fay	William	Boy	9	9:25 B FS	4.0	Greg	6:20	18:27	6:09	6:23
Jenson	Shay	Boy	11	11:55 B JV	4.0	Greg	6:30	19:02	6:20	6:35
Thom	Keon	Boy	11	12:45 B Open	4.0	Greg	6:30	19:04	6:21	6:36
Rashap	Elliott	Boy	10	9:25 B FS	4.5	Leanne	6:30	19:20	6:26	6:42
Bailie	Keelan	Boy	9	12:45 B Open	4.5	Leanne	6:50	19:22	6:27	6:42
Scheller	Magnus	Boy	10	12:45 B Open	4.5	Leanne	6:50	19:22	6:27	6:42
Gierhart	Linden	Boy	10	12:45 B Open	4.5	Leanne	6:30	19:24	6:28	6:43
Kane	Ben	Boy	10	NO	4.5	Leanne	6:40	19:45	6:35	6:50
Dodge	Samuel	Boy	10	12:45 B Open	4.5	Leanne	6:25	19:53	6:37	6:53
Videna	Daniel	Boy	9	12:45 B Open	4.5	Leanne	6:50	19:55	6:38	6:54
Thomasson	Elliott	Boy	10	NO	4.5	Leanne	6:15	20:08	6:42	6:58
Szczekocki	Brooke	Girl	12	10:40 G V	5.0	Leanne	6:40	19:24	6:28	6:43

2024 MCHS XC Roster Last Name (9/6/24)	2024 MCHS XC Roster First Name	Gender	Grade	9/14/24 Ed Sias Race	9/3/24 Training Group	Lead Training Coach	8/30/24 Predicted 3 Mi XC RACE PACE 1600m	8/30/24 ACTUAL RANCHO RACE TIME (est.) 3 Mi.	9/3/24 3 Mi XC RACE PACE 1600m	9/5/24 3 Mi XC <4%> RACE PACE 1600m
Gross	Isabelle	Girl	11	10:40 G V	5.0	Leanne	6:55	19:25	6:28	6:43
Trenam	Carlie	Girl	11	10:40 G V	5.0	Leanne	6:55	19:27	6:29	6:44
Choe	Katie	Girl	12	10:40 G V	5.0	Leanne	6:35	19:38	6:32	6:48
Fogg	Andi	Girl	11	10:40 G V	5.0	Leanne	6:35	19:43	6:34	6:50
Schubert	Carley	Girl	12	10:40 G V	5.0	Leanne	6:40	19:53	6:37	6:53
Crocker	Quinne	Girl	11	12:20 G JV	5.0	Leanne	6:45	20:00	6:40	6:56
Dajalos	Isa	Girl	11	10:40 G V	5.0	Leanne	6:55	20:02	6:40	6:56
Graziani	Keeley	Girl	11	12:20 G JV	5.0	Leanne	6:55	20:30	6:50	7:06
O'Harren	Marlon	Boy	10	12:45 B Open	6.0	Chad	6:55	20:17	6:45	7:01
Petrik	Liam	Boy	9	12:45 B Open	6.0	Chad	6:50	20:18	6:46	7:02
Flores	Ivan	Boy	11	12:45 B Open	6.0	Chad	6:50	20:20	6:46	7:02
Muir	Theo	Boy	9	12:45 B Open	6.0	Chad	6:40	20:27	6:49	7:05
Myers	Carter	Boy	9	12:45 B Open	6.0	Chad	6:50	20:27	6:49	7:05
Chochran	Hugh	Boy	9	12:45 B Open	6.0	Chad	6:50	20:30	6:50	7:06
Tristano	Luca	Boy	9	12:45 B Open	6.0	Chad	6:50	20:30	6:50	7:06
Kusano	Jotaro	Boy	9	12:45 B Open	6.0	Chad	6:50	20:30	6:50	7:06
Brant	Jax	Boy	10	12:45 B Open	6.0	Chad	7:10	20:33	6:51	7:07
Lawrence	Dylan	Boy	9	12:45 B Open	7.0	Chad	7:10	21:10	7:03	7:20
Oseguera	Ricardo	Boy	10	12:45 B Open	7.0	Chad	7:10	21:20	7:06	7:23
Piazza	Luca	Boy	10	12:45 B Open	7.0	Chad	7:20	21:36	7:12	7:29
Kirby	Emmett	Boy	9	12:45 B Open	7.0	Chad	7:10	21:38	7:12	7:29
Kim	Caiden	Boy	9	12:45 B Open	7.0	Chad	7:20	21:40	7:13	7:30
Martin	George	Boy	9	NO	7.5	John 3	7:00	21:20	7:06	7:23
Curtis	Jack	Boy	10	NO	7.5	John 3	7:10	21:20	7:06	7:23
Maul	Hudson	Boy	9	NO	7.5	John 3	7:10	22:00	7:20	7:37
Morales	Ezra	Boy	9	12:45 B Open	7.5	John 3	7:00	22:03	7:21	7:38
Gierhart	Grayson	Boy	11	12:45 B Open	7.5	John 3	7:30	22:16	7:25	7:43
Fogg	Savannah	Girl	11	12:20 G JV	8.0	Kara	7:10	20:21	6:47	7:03
Tribbey	Joslyn	Girl	10	9:50 G FS	8.0	Kara	7:10	20:28	6:49	7:05
Donohue	Allie	Girl	12	12:20 G JV	8.0	Kara	7:15	20:51	6:57	7:13
Gunderson	Grace	Girl	12	12:20 G JV	8.0	Kara	7:20	21:10	7:03	7:20
Carrillo	Tava	Girl	9	NO	8.0	Kara	7:20	21:20	7:06	7:23

<i>2024 MCHS XC Roster Last Name (9/6/24)</i>	<i>2024 MCHS XC Roster First Name</i>	<i>Gender</i>	<i>Grade</i>	<i>9/14/24 Ed Sias Race</i>	<i>9/3/24 Training Group</i>	<i>Lead Training Coach</i>	<i>8/30/24 Predicted 3 Mi XC RACE PACE 1600m</i>	<i>8/30/24 ACTUAL RANCHO RACE TIME (est.) 3 Mi.</i>	<i>9/3/24 3 Mi XC RACE PACE 1600m</i>	<i>9/5/24 3 Mi XC <4%> RACE PACE 1600m</i>
Corollo	Sofia	Girl	9	9:50 G FS	8.0	Kara	7:25	21:37	7:12	7:29
Feng	Natalie	Girl	12	12:20 G JV	8.0	Kara	7:15	21:41	7:13	7:31
Staroba	Marian	Girl	10	9:50 G FS	8.0	Kara	7:10	21:45	7:15	7:32
Lustberg	Rachel	Girl	12	1:10 G Open	8.0	Kara	7:30	22:00	7:20	7:37
Barrow	Sophie	Girl	11	12:20 G JV	8.0	Kara	7:00	22:00	7:20	7:37
Bisbee	Cate	Girl	12	1:10 G Open	9.0	Marion	7:45	22:30	7:30	7:48
Arthur	Cassidy	Girl	10	9:50 G FS	9.0	Marion	7:40	23:18	7:46	8:04
Dave	Anuja	Girl	12	1:10 G Open	9.0	Marion	7:55	23:24	7:48	8:06
Trenam	Vivienne	Girl	9	9:50 G FS	9.0	Marion	7:40	23:30	7:50	8:08
Dossat	Aria	Girl	9	9:50 G FS	9.0	Marion	7:55	24:16	8:05	8:24
Tristano	Sabrina	Girl	11	NO	9.0	Marion	7:40	24:30	8:10	8:29
Delaney	Maddie	Girl	11	1:10 G Open	10.0	Marion	8:30	25:00	8:20	8:40
Brodts	Ruby	Girl	10	1:10 G Open	10.0	Marion	8:15	25:36	8:32	8:52
Rodriguez	Sharon	Girl	9	1:10 G Open	10.0	Marion	8:20	27:00	9:00	9:21