



2026 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS



SEASON STARTS: August 10, 2026!

This Update: **Aug 10, 2026**

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 + Weight Room, Montecito Park, Spring Lake, Annadel, Howarth Park

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 2026 DATES:

JUN 1 - Aug 8th: 10 weeks of Local Group Summer Runs, 5 days/wk (off Fri/Sun)

July 26 - Jul 31st: PR Running Camp (5 days at Olema Campground)

AUG 10: First Day of MCHS XC Team Practice!

NOV 7: North Bay-Oak League Championships! (end of JV 13-wk season)

NOV 21: North Coast Section Championships! (Varsity only)

NOV 28: 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

3200m on the track (8 laps, ~ 2 miles): Boys: 14:00 or 7:00/mile pace, Girls: 16:30 or 8:15/mile pace). FYI: Last season we had 65+ runners made this standard during weekly time trials over the first 3 weeks of the season. Varsity level determined by mile race pace over 3 miles on local Spring Lake Course (Girls ~7:00/mile pace and Boys ~5:40/mile pace) typically, our top 12-15 Runners are Varsity, remaining athletes are 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 3 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 2026 to be another "banner" year, so come out and be a part of our winning tradition!!!



Girls XC Team NBL Championships (22 of the last 25 years!):

'25,'24,'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 (13 year winning streak + 19 of the last 23 years!):

'25,'24,'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? ...Check our Team Website here: www.mariacarrillorun.com

MCHS XC Coaches: Greg Fogg (707) 291-2967 greg.fogg@comcast.net

Leanne West lwest@srcs.k12.ca.us

...GO PUMAS!!!