2026 NBL-OAK/REDWOOD CROSS COUNTRY CHAMPIONSHIPS

Hosted by Analy/Piner H.S.



Spring Lake, Santa Rosa CA

Saturday, November 7, 2026

Park at the Oak Knolls Parking Lot / $8 Day Use Fee



(Rev. 11/4/26 FINAL)

11 Participating High Schools: Analy, Cardinal Newman, Elsie Allen, Healdsburg, Maria Carrillo, Montgomery, Piner, Santa Rosa, Rancho Cotate, Ukiah, Windsor

EVENT SCHEDULE:

(**Athletes:** You need to be at the MC XC Team Tent at least 1 hr. before race time!)

8:50 AM Frosh Boys (4): Hank T, Raul C, Mickey T, Reid S

9:25 AM JV Girls (6): Gia H, Aria D, Victoria C, Monterey S, Miranda B, Emerson M

10:00 AM JV Boys/non-Freshmen (17): Asher T, Jotaro K, Liam P, Ricky O, Theo M, Jean-Michel H, Carter M, Ian C, Emmett K, Sam D, Keelan B, Ezekiel R, Marlon O, Adam K, Joshua K, Luca P, Dylan L

10:45 AM Varsity Girls (7): Joslyn T, Brynn G, Marian S, Clara W, Eliza T, Finley K, Ruby B

11:20 AM Varsity Boys (7): Cameron J, Jackson H, Hugh C, Kade F, Laszlo K, Logan T, Linden G

Noon – 1:00 or 1:15PM: Awards Ceremony (NBL Medals awarded to: Teams: Top 3 teams in each of Varsity Boys/Girls Oak and Redwood; Individuals: Top 21 finishers in Varsity Boys/Girls, Top 10 finishers in Frosh, JV Boys, JV Girls)

IMPORTANT! Athletes, please stay to support your MC teammates after your race!

Parents and Athletes, please stay for the Awards Ceremony ~Noon-1/1:15pm!

-All Runners: Please turn in all yellow MC jerseys to Coach Marion after racing.

Contact Coach Greg Fogg greg.fogg@comcast.net or (707) 291-2967 if you have any questions

GO PUMAS!!!

SPRING LAKE 2.97 MILE COURSE MAP

