



2026 NBL-OAK Meet #1
Vs. Analy, Windsor, Monty
Tue, September 22, 2026
Hosted by Windsor H.S.
Spring Lake, Santa Rosa CA



Enter the Park via Hoen Ave. > Newanga Ranger Gate > Park at the Oak Knolls Parking Lot / \$8 Day Use Fee (plan ~10 minute walk from parking to Starting Line)

ATHLETES:

Dismiss from MCHS 2:30 pm > Leave Campus 2:45 pm > Meet at MC Team Canopy 1 hour before your race! Pin your individual race tag to your left hip. Warm-up with your Race Roster (see below) > Cool down 2 Miles with your Race Roster/support your teammates!

RACE SCHEDULE:

4:00 PM JV Boys: Ian C, Theo M, Samuel D, Liam P, Raul C, Keelan B, Carter M, Emmett K, Ezekiel R, Micky T, Marlon O, Dylan L, Reid S, Adam K, Dylan L, Luca P, Johnathan M, Joshua K

4:40 PM JV/Varsity Girls: Joslyn T, Marian S, Brynn G, Eliza T, Finley K, Vivienne F, Aria D, Victoria C, Clara W, Ruby B, Lucy O, Monterey S, Miranda B, Emerson M, Hazel H, Eva C, (Gia H TBD; first 7 in = Varsity; remaining = JV)

5:20 PM Varsity Boys: Cameron J, Jackson H, Hugh C, Kade F, Laszlo K, Logan T, Asher T, Linden G, Jotaro K, Hank T, Ricky O, Jean-Michel H (limit = 12 runners)

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

2.97
SPRING LAKE - ~~3~~ MILE CROSS COUNTRY COURSE



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|---|--------|---|--------|
| — | Mile 1 | ● | FINISH |
| — | Mile 2 | ● | START |
| — | Mile 3 | | |