

2025 NBL-OAK/REDWOOD CROSS COUNTRY CHAMPIONSHIPS

Hosted by Windsor H.S./Healdsburg H.S.

Spring Lake, Santa Rosa CA

Saturday, November 8, 2025



Meet at MC Team Canopy 1 hour before your race!



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

EVENT SCHEDULE:

8:50 AM Frosh Boys: Kade F, Asher T, Ian C, Johnathan M, Joshua K, Nhat Hudson, Adam Klein

9:25 AM JV Boys: Scott B, Logan T, Laszlo K, Jonathan R, Samuel D, Kevin T, Linden G, Jotaro Kusano, Liam P, Emmett K, Theo M, Carter M, Ricky O, Chris G, Keon T, Hudson M, Dylan L, Shay J, Luca P, Ezekiel R, Luca T, Dylan I, Armand R, Caiden K, James M, Jaecob V

10:00 AM JV Girls: Ruby B, Eliza T, Savannah F, Victoria C, Finley K, Vivienne F, Aria D, Cassidy A, Monterey S, Vivienne T

10:45 AM Varsity Boys: Cameron J, Austin P, Trenton D, Jackson H, Hugh C, Milo W, Trystan T

11:20 AM Varsity Girls: Joslyn T, Sofia C, Sophie B, Marian S, Keeley G, Andi F, Quinne C

Noon – 1PM: Awards Ceremony

IMPORTANT! Parents/Athletes, please stay to cheer on all MC XC teammates after your race / please stay for the Awards Ceremony ~Noon-1pm!

-JV Runners: Please turn in 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

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



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