

2025 NBL-OAK CROSS COUNTRY MEET

Hosted by Maria Carrillo High School

Spring Lake, Santa Rosa CA

September 25, 2025



MEET SCHEDULE:

4:30 P.M. JV BOYS

5:05 P.M. COMBINED JV/VARSITY GIRLS

5:40 P.M. VARSITY BOYS

Supporting Notes:

- 1) Individual race tags will be given to each coach; please pin your racing tag on the left side of your jersey at hip height
- 2) Volunteers will be removing tags as each runner goes through the finish chute
- 3) Results will be posted at the meet; “official” NBL-Oak Dual meet scoring available later in the evening
- 4) Combined JV/Varsity Girls race: The first 7 from each school will be scored for “Varsity” teams, the remaining athletes from each team will be scored as “JV” runners.
- 5) Varsity Boys rosters are limited to 12 runners max, the first 5 from each school will score, the next 2 runners from each school will displace and any remaining Varsity runners from that same school will have recorded times but will be “ghost runners” or exempt from team scoring.

NBL-Oak Dual Meet Competition Structure (Results will be consolidated into these 4 dual meets and count towards NBL regular season standings as follows):

- **Montgomery vs. Windsor**
- **Montgomery vs. Maria Carrillo**
- **Analy vs. Windsor**
- **Analy vs. Maria Carrillo**

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

SPRING LAKE 2.97 MILE COURSE MAP

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



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