

2025 NBL-OAK CROSS COUNTRY MEET

Hosted by Santa Rosa High School

Spring Lake, Santa Rosa CA

October 16, 2025



RACE SCHEDULE:

4:30 P.M. JV BOYS

5:00 P.M. COMBINED JV/VARSITY GIRLS

5:35 P.M. VARSITY BOYS

Supporting Notes:

- 1) Release from MCHS Class = 3:00 P.M. -Rides will be available from Coaches/Parents to Spring Lake leaving MCHS Parking Lot at 3:15 P.M.
- 2) Individual Race Bibs will be available for each athlete; please pin on front of your racing jersey.
- 3) Live Results from Diablo Timing: <https://diablotiming.com/results/2025-10-16/>
- 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):

- Maria Carrillo vs. Windsor
- Maria Carrillo vs. Santa Rosa
- Windsor vs. Santa Rosa

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 | | |