

Good evening XC Runners and Parents -

It is Mt SAC Week! Then 1.5 weeks until League Finals at Galways Downs.

After League Finals, the Top 12 girls and the Top 16-18 boys will continue to train for CIF Competition - We have to win league to make this a reality!!

Senior Night will be the day of League Finals, following the League celebrations.

Our season banquet will be held on Tuesday, December 9th in the PAC. Please put that on your calendars. We want to celebrate all of our athletes.

It has been a great season! Let's put in the work to finish strong!

This week's schedule (10/20-10/25):

Monday/Tuesday/Thursday - Practice at 4 PM on our regular field.

Thursday - Team meeting at lunch in my classroom (511).

Wednesday/Friday - Practice at 6:30 AM at the stadium

Saturday - We will have a VERY EARLY departure for Mt. SAC. Probably 5:00 AM but I won't know for sure until the Mt. SAC Invite schedule comes out tomorrow (10/20). I will send a message on GroupMe with the schedule once I have it. ALL athletes will race at Mt. SAC since our top girls and boys were selected for sweepstakes races. We will have buses for the invite and we stop on the way home to get lunch. All athletes bring breakfast with them for the trip and money to buy lunch on the way home.

Next week's schedule (10/27-11/1):

Monday/Tuesday/Thursday - Practice at 4 PM on our regular field.

Wednesday/Friday - Practice at 6:30 AM at the stadium **Friday we wear running costumes for practice!

Saturday - 7:00 AM with the location TBD. This will be our last workout before League Finals. We will likely do the workout on campus.

Final regular season week's schedule (11/3-11/5):

Monday - Practice at 4 PM on our regular field.

Tuesday - Practice at 6:30 AM at the stadium. This will be the last practice for all runners who are not selected for CIF competition.

Wednesday - League Finals starts at 2:00 PM at Galway Downs. Athletes will take the bus to the meet or they can drive only if they have already turned in the form to be allowed to drive themselves. Senior Night follows League Finals at Galway Downs.

******Practice continues on Thursday, November 6th for the runners selected for the CIF Post Season. The list of selected runners will be posted and sent out Wednesday evening after Senior Night. Runners selected for CIF Post Season***

continue practicing with the team until the team finishes the post season - hopefully at State Finals. This means families need to plan that their athletes could be busy during Thanksgiving week, leaving the day after Thanksgiving to travel to Fresno for an overnight State Finals trip.

Nationals(12/6):

I am considering taking teams to Nationals in Huntsville, Alabama this year IF they will qualify for the top race. Right now, the girls' team has the best shot at making the cut for that race. We will make final decisions over the next week or so.

2025 Fall Cross Country Schedule						
Date	Day	Approx Time	Who?	Division	Meet	Location
July 14	Monday	6:15 AM	All	Open	Time Trial	Butterfield Stage Park Temecula
July 19-26	Sat-Sat	TBD	Top 10-12's + Top Frosh; All	GOHS XC Training Camps: Mammoth and Temecula Locations		Mammoth – Top 16's Temecula – all other GOHS XC Runners
Aug 16	Saturday	Early AM	All	Open	Time Trial #2	Riverside - Time Trial with Santiago HS
Aug 30	Saturday	8:00 AM	All	Open	CCA Invitational	Canyon Crest Academy High School San Diego, CA
Sept 6	Saturday	8:00 AM	All (Varsity may not race)	Open	Dana Hills Invite	Dana Hills HS Dana Point, CA
Sept 20	Saturday	3:50 PM	All	Div 1	Woodbridge Invite	Great Park Irvine, CA
Sept 25-29	Out of State Meet	Multi-Day Trip	Top 7's	Div 1	McQuaid Invitational	Rochester, NY
Oct 1	Wednesday	4:00 PM	All	Div 1	Southwestern League Meet #1	TVHS
Oct 10-11	Fri-Sat	Overnight Trip	up to 56 Selected Athletes	Div 1	Clovis Invitational	Clovis, CA
Oct 25	Saturday	TBA	All	Div 1	Mt Sac Invite	Mt. Sac - Walnut
Nov 5	Wednesday	2:00 PM	All	Div 1	Southwestern League Finals	Galway Downs
Nov 14-15	Friday – Saturday	TBA	Top 10-12's	Div 1	CIF Prelims	Mt Sac XC Course
Nov 22	Saturday	TBA	Top 10-12's	Div 1	CIF Finals	Mt Sac XC Course
Nov 29	Saturday	TBA	Top 10-12's	Div 1	State Meet	Woodward Park – Fresno
Dec 6	Saturday	TBA	Top 7's	Div 1	Nike Cross Nationals	
			Individuals can sign up		Footlocker West Reg	Mt SAC Course

We need parent help to make GREAT things happen!

- Chris Huth (Abby's Dad) is our PSG Representative for the Fall 2025 XC Season! Thank you, Mr. Huth!!
- Contact info for Chris Huth: Chrisjhuth@gmail.com and 951-595-5767

Let me know if you have any questions!

Go Wolfpack XC!

Coach Draughon