

MCXC 2024

SCHEDULE

Day	Date	Event	Place	Time	Athletes
	06/17-7/16	Summer School	MCHS	6:45-8am	Enrolled
Sat	All	Saturday Runs	Neptune Fountain, PV	7:45am	Returning
Sun.	06/30	Summer Beach Party	22nd Street, HB	1pm	All
Thurs	7/4	Village Runner 5K	Redondo Beach	8am	All
Tues.	7/16	Parent mixer	1708 Magnolia Ave, MB	6-8:30pm	Parents
Fri	7/19	Sycamore	Sycamore Canyon, Malibu	6:30am	Returning
	7/20-8/1	Dead Period	Athletes train on their own		All
Sat	8/3?	MCXC Sand Run Fundraiser +	Hermosa Pier	8am Run	All
Sun-Sat	8/4-8/10	Mammoth Training Camp	Mammoth		Returning Athletes Only (Must Attend Summer Training)
Mon-Fri	8/4-8/10	• non Mammoth athletes	Run with Coach Annie	7:30am	Non-Mammoth
Wed	8/12	Begin afternoon practices	MCHS	2:30pm	All
Mon	8/19?	Try-Outs	MCHS Track	3:25pm	Athletes
Thurs	8/22	MCXC Booster Meeting	MCHS Athletic Complex	7pm	All Parents
Saturday	8/24	Seahawk Relays	Redondo Union High School	8:00am	All Athletes
Thurs	9/5	PV Mini Meet	Palos Verdes XC Course	3:30pm	All Athletes
Sat	9/14	Laguna Hills Invitational 1. Meet Website Link here	Laguna Hills High School	8am race	All Athletes
Wed-Sun	09/11-9/15	Iolani Invitational	Travel Trip HAWAII		Select Athletes Only (15 each)
*Fri	9/20	Pasta Party	TBD	5-7pm	All Athletes
Sat	9/21	Woodbridge Invitational Meet in website link here .	Orange County Great Park, Irvine	TBD	All Athletes
*Tues	10/?	Team Photos	Manhattan Pier	2:45pm	All Athletes
Sat	10/5	MB 10K Race website link here .	Manhattan Beach	7:30am	All Athletes
Wed	10/9	Bay League #1	Palos Verdes Cross Country Course	Bus departs at 12:30pm	All Athletes
Fri-Sat	10/11-10/12	Clovis Invitational Meet website link here .	Woodward Park, Fresno	TBD	Varsity Boys Only (Top 12)
Tues	10/24	Pasta Party	TBD	6-8pm	All Athletes
Sat	10/26	Mt. SAC Invitational Meet website link here .	Walnut, CA	Bus departs At 5:45am	All Athletes
Wed	10/30	Warrior Mile	West High, Torrance	5pm-NO BUS	All Athletes
Wed	11/6	Pasta Party	TBD	6-8pm	All Athletes
Thurs	11/7	Bay League Finals	Polliwog Park, Manhattan	5:00pm NO BUS	All Athletes
*Fri	11/08	Senior Recognition	MCHS	3:30-4:30	All
Friday	11/15	CIF Prelims	Mt. SAC, Walnut, CA	TBD	Varsity (Top 12 each)
Sat	11/23	CIF Championships	Mt. SAC, Walnut, CA	TBD	Varsity (Top 12 each)
Fri-Sat	11/29-11/30	CIF State Championships	Woodward Park, Fresno	TBD	Varsity (Top 12 each)

Fri–Sat	11/7	NXN/Foot Locker Championships	Portland Oregon/Mt. San Antonio College	TBD	Varsity (Must Qualify on 11/30)
Tues	12/4?	MCXC Banquet	MCHS Athletic Terrace	5pm	ALL + Parents