Windsor High
CROSS COUNTY 2026
MEET ITINERARY
(rev Sep 19 2026)

NBL Quad Meet #1

Thursday, September 22, 2026
Spring Lake Park,

IMPORTANT INFO FOR ATHLETES/PARENTS!

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Parking: THREE OPTIONS: **Both (1) and (2) will require a half-mile walk to the start area and both require Sonoma County Parks parking pass OR $12 parking fee at the toll booth.**
(1) NEWANGA ENTRANCE: 5585 Newanga Ave, Santa Rosa, CA 95405. You may only park in designated parking spots or in the gravel horse trailer parking.
(2) SPRING LAKE LAGOON ENTRANCE. 393 Violetti Rd, Santa Rosa. There will be plenty of parking between both Oak Knolls and Spring Lake Lagoon.
(3) HOWARTH PARK: Parking is free but requires 1 mile+ walk to the start.

Schedule:
Early release at 1:30pm. Eat a solid lunch and plan on some easily digestible snacks (energy bars for example) up to 90 minutes ahead of your race! We will have our team tent set up along Spring Lake nearby the Start/Finish area. Please plan to arrive at the team tent to affix your race tag by 3:15pm. Please pin your racing tag on the left side of your jersey at hip height.

Spectators: Spring Lake 3-mile course. Four teams (Analy, Montgomery, Windsor, and Maria Carrillo) including about 140 athletes will compete. Three races – Boys JV (about 60 runners), COMBINED Girls Varsity and JV (about 40 runners) , and Boys Varsity (about 35 runners)

Race	Race Start	Lineups
Boys JV Race	4:00pm	Diego, Tomas, Mason, Blake, Anthony, Jack, Caden, Leo, Landon
Combined Girls Vars + JV	4:40pm	Emily, Emma B, Darla, Annaleigh, Audrey, Emma J, Eleanor, Addie, Amelia, Alejandra
Boys Varsity Race	5:20pm	Corbin, Michael, Arath, Gavin, Omar, Henry, Liam, Freddy, Eli

Any questions, contact WHS Coach Ruben DiRado at 707-799-7218 …
Keep checking on our Team Website for updates windsorhighrunning.com/xc

GO JAGUARS!!