



# Windsor Cross-Country-Chronicle



<https://www.windsorhighrunning.com/xc>

November 23, 2025

## Last Week's Highlights!

- **Xavier and Emily qualify for State (again!) Boys take 7th and Girls 8th at NCS!**
  - **Xavier** took 13<sup>th</sup> (was 5<sup>th</sup> and final individual qualifier in D3 race). **Michael** just missed out, finishing 15<sup>th</sup>. **Corbin** finished 31<sup>st</sup>, **Arath** 63<sup>rd</sup>, **Luciano** 74<sup>th</sup>, **Omar** 92<sup>nd</sup>, **Westley** 106<sup>th</sup> (163 finishers).
  - **Xavier** was 31<sup>st</sup> and **Michael** 41<sup>st</sup> overall in NCS (700 finishers - all 5 races)
  - **Emily** paced her race perfectly and finished 8<sup>th</sup> in D3 race (and was 7<sup>th</sup> fastest sophomore in NCS overall - out of all 5 divisions). **Annaleigh** 46<sup>th</sup>, **Isla** 47<sup>th</sup>, **Darla** 49<sup>th</sup>, **Emma** 62<sup>nd</sup>, **Audrey** 76<sup>th</sup>, and **Kiarah** 102<sup>nd</sup> (out of 150 finishers in D3 race). *Annaleigh had an exceptional race - passing 16 competitors in the last half and finishing 10 spots higher than I projected!*
  - **Emily** was 38<sup>th</sup> fastest at NCS overall (out all 5 races - 591 runners).
  - **Boys team** finished 7<sup>th</sup> in D3 with 196 points (68 points behind final state qualifying spot) with an average runner time of 16:43 (18 secs behind final state qualifying team). They were the 21<sup>st</sup> fastest team in NCS (out of 97).
  - **Girls team** finished 8<sup>th</sup> in D3 with 207 points (65 points behind the final team state qualifier in D3) and their average time of 20:38 per runner was 52 seconds behind the final state qualifying team). They were 32<sup>nd</sup> fastest of all the NCS teams (79 total).
  - **Coach's Note:** In the big picture, we improved a great deal this season. We've leveled up from a "bottom half" NCS cross country team to a "top-third" program. Yesterday's results were mixed - those that have learned to prepare consistently (physically and mentally) performed at their best - while others are still learning to put all the pieces together for the big moment. This is the time to take a step back, reflect on what we've experienced, figure out how we can get better, and when the time comes we will get back to work!
  - Let's be patient with ourselves but resolve to break through the barriers... **Getting better is never ever easy - and most people will quit before they even try. *But we aren't "most people!"***
- **BIG word of thanks...**
  - to all the parents, family, and friends that came out to Hayward to support the team!
  - to Brian Williams and Coach Williams for setting up the team area (before the sun was up!)
  - to Sara LaFleur for helping us get the girls to/from the hotel!

## What's COMING UP?

- **CIF State Championships** - Saturday Nov 29, races at 9am and 10am.
- **End-of-season Celebration** - we will do a fun recap of the season! Thursday, Dec 4, 6:00-8:00pm. Everyone on the roster will receive recognition and a little something to take home with them! **Family is WELCOME (Please Come!) More info will go out on BAND to RSVP!**
- **Track pre-season Conditioning (for Dec & Jan)** - Intro Meeting Tuesday, Dec 2 - weight room at 3:45pm.

### Quote for the week:

**"Sometimes disappointment is good. At its core, disappointment is information. Handled well, it becomes an important place of learning. Feel it. Learn from it. Then let it go."**

*- Steve Magness, Elite Runner and High Performance Coach*