

MLK XC 2024

King MS 1290 Ivey Ranch Rd. Oceanside, CA 92057 760-901-8800

Date	Time	Day	Event	Location
3-Sep	Tue	First day of practice. We will meet on the lower grass field by the PE Department		
Mon, Tue, Thur 3:10 - 4:30 Wed 2:10 - 3:30				

There are times practice may run a few minutes longer. Pick up in front of school.

Week of 9/9/24		Vertical Raise Team Fundraiser Kick-off		
9/19/24	4:15	Thur	Season Opener - MLK	King Middle School
9/26/24	4:15	Thur	Lincoln MS	2000 California St Oceanside 92054
10/2/24	4:15	Wed	Potter Jr. High	1743 Reche Rd, Fallbrook, CA 92028
10/10/24	4:15	Thur	Buena Creek - Duck Pond	1602 Shadowridge Dr. Vista 92081
10/17/21			Off Week	
10/18/21	TBD	Friday	Mt. SAC XC Invitational*	1100 N. Grand Ave Walnut, CA 91789
10/24/24			Off Week	
10/30/24	3:15	Wed	MS XC Championships	Guajome Park No Santa Fe Entrance
11/2/24	TBD	Sat	Hoka/Postal Mile Invitational	University City HS 6949 Genessee Ave
The Hoka meet is optional.				San Diego, CA 92022
11/7/24	3:10	Thur	End of the Season Celebration	MPR

*Mt. SAC is a highly competitive meet and challenging course. Any athlete who places in the top 50% of races will be eligible for the Mt. SAC travel team. Team departure is 10:45 am. Division race times will be released 1 week before the invitational. Parents will be notified.

An athlete needs to run a minimum of 2 races to qualify for the championship.
Divisions & Race Order: Girls 6/7, Boys 6/7, Girls 8, Boys 8. Races go off approx every 20 min.

We will travel by bus to the meets. Parents will be required to pick up their child after his/her race. Please let the coaching staff know if your child will carpool home with another family. All athletes must check out with the team manager when he/she departs.

Head Coach	Lita Esposito lita.esposito@oside.us	760-415-9206
Head Coach	Bob Kocur robertkocur@aol.com	Principal - Natalie Daniels
Athletic Director	Mark Fernandez mark.fernandez@oside.us	

