



KING XC

PACIFIC GROVE LEAGUE



Practice Times: Mon, Tue, Thur 3:10 - 4:30 Wed 2:10 - 3:30

Date	Time	Day	Location
8/31/26	Tue	First day of practice. We will meet on the lower grass field by the PE Department. Dress out in the PE locker rooms. Be sure to have proper running shoes and a water bottle with your name on it.	

Practice Times: Mon, Tue, Thur 3:10 - 4:45 Wed 2:10 - 3:30 (on non-meet days only)

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

9/9/26	Online Team Fundraiser Kick-off. We rely on these funds to support our team. All proceeds will go towards busing, meet fees, park fees, timing, replacement uniforms, and the End of the Season Celebration. Kindly support this effort.			
9/16/26	4:15	Wed	Pacific Grove Cluster Meet #1	King Middle School
9/26/26	11:30	Sat	Grit & Grind Invitational	Cal St San Marcos (bus departs MLK at 8:30 am)
9/30/26	4:15	Wed	Pacific-Grove Cluster Meet #2	Mance Buchannon Park
10/7/26	4:15	Wed	Pacific-Grove Cluster Meet #3	Marco Forster MS 25601 Camino Del Avion San Juan Capistrano 92675
10/10/26	8:00	Sat	So Cal Invitational - pending	Guajome Park No Santa Fe Entrance
10/14/26		Wed	TBD	
10/16/26		Friday	Mt. SAC XC Invitational*	1100 N. Grand Ave Walnut, CA 91789
10/21/26	4:15	Wed	Pacific Grove Cluster Meet #4	Duck Pond 1601 Shadowridge Dr, Vista, CA 92081
10/28/26	3:15	Wed	Pacific-Grove League Champs	Guajome Park No Santa Fe Entrance
10/31/26	TBD	Sat	Hoka Mile Invitational	University City HS 6949 Genessee Ave SD, CA 92022

There will be a time standard for the Hoka Meet by grade and gender.

11/3/26		Tue	No Co Champs (top 7 Varsity)	Walnut Grove Park - San Marcos
11/11/26	2:10	Wed	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 10:30 am. Division race times will be released 1 week before the invitational. Parents will be notified. We will travel roundtrip by bus.

An athlete needs to run a minimum of 2 races to qualify for the championship.

Divisions & Race Order: JV Boys and Girls Grades 6/7, Varsity Boys and Girls Grades 7/8 Races go off approx every

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. Grit and Grind, Mt. SAC and Hoka will be roundtrip by bus.

WE ARE LION STRONG

Head Coach	Lita Esposito lita.esposito@oside.us	760-415-9206
Head Coach	Bob Kocur robertkocur@aol.com	Principal - Natalie Daniels
Athletic Director	Doug Musgrove doug.musgrove@oside.us	Admin Secretary - Susan Hewes 760-901-8800