# MARIA CARRILLO HIGH SCHOOL

**6975 Montecito Boulevard**
**Santa Rosa, CA 95409**
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## *2019 MCHS Cross Country (XC) Schedule* *- Updated May 19, 2019 –*

| Date | Day | Event / Opponent | Location | Release from Class | Bus Leaves | Race Time |
|---|---|---|---|---|---|---|
| 7/30-8/4 | Tue-Sun | Tahoe Running Camp (not MCHS sponsored) | Zephyr Cove Campground | N/A | | |
| 8/12 | Mon | First Day of Practice (Tues, 8/13 First Day of School) | MCHS | N/A | | |
| 8/16 | Fri | Mandatory Parent Team Meeting | MCHS Track | 5:30 – 6:45 PM | | |
| 8/23 | Fri | Rancho Invite | Rancho Cotate HS, Rohnert Park | 2:00 PM | 2:15 PM | 4:00 PM |
| 8/24 | Sat | Team Fundraising! Rummage Sale, begging for $ at Oliver's/Safeway and Run-A-Thon | Rummage Sale (MCHS Parking Lot) Fundraising (Oliver's/Safeway) Run-A-Thon (MCHS Track) | 8AM-2PM: Rummage Sale and Oliver's/Safeway Fundraising Noon- Midnight: Run-A-Thon | | |
| 9/7 | Sat | Viking Opener | Spring Lake, Santa Rosa | - | - | 9:00 AM |
| 9/14 | Sat | Ed Sias Invite | Hidden Valley Park Center Ave, Martinez | - | 7:00 AM | 9:00 AM – 1:30 PM |
| 9/20-9/21 | Fri-Sun | * Woodbridge Invite | Silver Lakes Park, Norco (L.A.) | - | 8:30 AM Fri | TBD PM Sat |
| 10/11-10/12 | Fri-Sat | * Clovis Invite | Woodward Park, Fresno | 10:00 AM Fri | | 6 Races: 8:55 AM – 1:20 PM |
| 10/9 | Wed | NBL-OAK #1 vs. Monty and Rosa (**MCHS Host**) | Spring Lake, Santa Rosa | 2:00 PM | 2:15 PM | 3:45 PM |
| 10/16 | Wed | NBL-OAK #2 vs. Piner **(MCHS Host)** | Spring Lake, Santa Rosa | 2:00 PM | 2:15 PM | 3:45 PM |
| 10/23 | Wed | NBL-OAK #3 vs. Ukiah | Ukiah High School Campus | 12:45 PM | 1:00 PM | 3:45 PM |
| 10/30 | Wed | NBL-OAK #4 vs. Healdsburg | TBD | 1:45 PM | 2:00 PM | 3:45 PM |
| 11/8 | Fri | NBL-OAK Championships (Hosted by Ukiah High School) | Spring Lake, Santa Rosa (?) | | | |
| 11/16 | Sat | HOKA 2-Mile Madness | TBD (**MCHS Host?**) | TBD (First race starts 4:30 PM, last race 8:15 PM) | | |
| 11/23 | Sat | ** NCS Championships | Hayward High School | TBD | | TBD |
| 11/25-11/27 | Mon-Wed | Non-Mandatory Thanksgiving Varsity Week of Training | - No School, practice at MCHS/Parks (9:00-10:30 locations TBD) | | | |
| 11/30 | Sat | ** State Championships | Woodward Park, Fresno | 9:00 AM Fri | | TBD |
| 12/7 | TBD | Foot Locker Regionals (optional) | MT SAC, Walnut CA | TBD | | |
| 12/14 | Sat | End of Season Celebration | MCHS Small Gym | 5:30-8:30 PM | | |

* Select/Limited Roster; can include Varsity and Frosh-Soph teams ** Varsity Competition Only

**Principal:** Katie Barr **Athletic Director:** Jerry Deakins **Colors:** Forest Green/Black/Vegas Gold **Mascot:** Puma

**Head Coach:** Greg Fogg (707) 291-2967 **greg.fogg@comcast.net**
**Assistant Coaches:** Marion Maassen, Sue Philip, Russ Pugh, Leanne West

**>MCHS XC Team Website: www.mariacarrillorun.com**

**Most meet results can be found at www.redwoodempirerunning.com or www.xcstats.com or www.athletic.net**