



MARIA CARRILLO HIGH SCHOOL

6975 Montecito Boulevard
 Santa Rosa, CA 95409
 (707) 890-3820 Fax (707) 890-3823
www.mariacarrillohighschool.com



2019 MCHS Cross Country (XC) Schedule - Updated Sept 27, 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	Practice 3:30-5:30 (Mon: 3-5:00)		
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		
9/14	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:30 PM
9/20-9/21	Fri-Sun	* Woodbridge Invite	Silver Lakes Park, Norco (L.A.)	-	TBD or 8:30 AM Fri	TBD PM Sat
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
10/11-10/12	Fri-Sat	* Clovis Invite	Woodward Park, Fresno	10:00 AM Fri	TBD 5 Races (Varsity, JV, Frosh-Soph) 8:55 AM – 1:20 PM	
10/16	Wed	NBL-OAK #2 vs. Piner (MCHS Host)	MCHS Campus Course	2:30 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	Hoot Owl Vineyards 8197 Hwy 128	1:45 PM	2:00 PM	3:45 PM
11/8	Fri	NBL-OAK Championships (Hosted by Ukiah High School)	Spring Lake, Santa Rosa	12:30 PM	1:00 PM	2:00 PM
11/16	Sat	HOKA 2-Mile Madness	TBD (Monty Host)	TBD (First race starts ~4:30 PM, last race 8:15 PM)		
11/23	Sat	** NCS Championships	Hayward High School	TBD		Girls 9AM, Boys 10AM
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		Girls 9AM, Boys 10AM
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

Team Parent: Dana Kapustka tacdana@gmail.com

➤ **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