



MARIA CARRILLO HIGH SCHOOL



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Santa Rosa, CA 95409

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2020 MCHS Track & Field Schedule - Dec 12, 2019 -

Practice: Monday 3:00-5:30, Tuesday-Friday 3:30-5:30

Date	Day	Opponent	Location	Release	Bus Departs	Race Time
2/10	Mon	First Day of Practice	MCHS	N/A		
3/7	Sat	Big Cat Invitational	Santa Rosa HS	Meet Starts 9AM		
3/16 – 3/20 Spring Break / Non-Mandatory Practice this week at MCHS 3:30 – 5:30						
3/21	Sat	Dublin Distance Fiesta	Dublin HS (only Distance events)	Races from 8AM-10PM Detailed Race Schedule TBA		
		Eddie Hart Invite	Pittsburg HS (no Distance)	Field Events start 9:30, running 10AM		
		Throwers/Vaulters Jamboree	Santa Rosa HS	Competition Starts 10AM		
3/27	Fri	Santa Rosa Twilight Invitational	MCHS HOST	Meet Starts at Noon Elite Running Events 7-9PM		
4/3-4/4	Fri-Sat	*Stanford Invite (Elite Varsity Only)	Stanford University	TBD		
4/8	Wed	NBL #1 vs. Piner, El Molino	El Molino HS	1:30PM	1:45 PM	3:45PM
4/10-4/11	Fri-Sat	*Arcadia Invite (Elite Varsity Only)	Arcadia High School (LA)	TBD		
4/15	Wed	NBL #2 vs. Windsor	Windsor HS	2:00 PM	2:15 PM	3:45PM
4/17	Fri-Sat	* Mt. SAC Relays (Elite Varsity Only)	Mt. SAC	TBD		
4/22	Wed	NBL #3 vs. Montgomery	MCHS HOST	2:30 PM	N/A	3:45PM
4/25	Sat	Viking Track Classic	Montgomery HS	Meet Starts 9AM		
4/29	Wed	NBL #4 vs. Santa Rosa	MCHS HOST	2:30 PM	N/A	3:45PM
5/6	Wed	NBL Oak/Redwood Trials	HOST AND LOCATION TBD	TBD		
5/8	Fri	NBL Oak/Redwood Finals	HOST AND LOCATION TBD	TBD		
5/14	Thu	MCHS End of Season Celebration	MCHS Track	5:30PM - 7:00PM		
5/16	Sat	*Redwood Empire Championships (Top 7 qualify for MOC)	HOST AND LOCATION TBD	Field events start 9AM, Running 10AM		
5/22-5/23	Fri-Sat	*NCS Meet of Champions (MOC) (Top 3 qualify for State)	HOST AND LOCATION TBD	Friday: Field 9AM, Running 1PM Saturday: Field 9AM, Running 1:30PM		
5/29-5/30	Fri-Sat	*State Championships	Buchanan HS, Clovis	TBD		

*Varsity Competition Only

Principal: Katie Barr
Athletic Director: Jerry Deakins, Room M5

Colors: Forest Green/Black/Vegas Gold
Mascot: Puma

Head Coach: Greg Fogg (707) 291-2967 greg.fogg@comcast.net and (TBA) **Sprint Coach Vic Hudson**
Assistant Coaches: Marion Maassen, Sue Phillip, Russ Pugh, Tim Armstrong, Bruce Hotaling, Leanne West, Mark Giangiacomo, Nick Diaz

Team Parent/Fundraising: Dana Kapustka tacdana@gmail.com Team Website: www.mariacarrillorun.com

Team Facebook Page: "MCHS Track & Field 2019"

Local Results: www.redwoodempirerunning.com

Tracking results/PRs: www.xcstats.com