



# MARIA CARRILLO HIGH SCHOOL



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

## 2020 MCHS Track & Field Schedule - Jan 25, 2020 -

Practice: Monday 2:30-4:30, 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		
2/21	Fri	Team Parent Meeting/Bake Sale Fundraiser	MCHS Small Gym	7:00-8:30		
3/7	Sat	Big Cat Invitational	Santa Rosa HS	Meet Starts 9AM		
<b>3/16 – 3/20 Spring Break / Non-Mandatory Practice this week at MCHS 3:30 – 5:30</b>						
3/21	Sat	Dublin Distance Fiesta	Dublin HS (only Distance events)	Races from 8AM-10PM Detailed Race Schedule TBA		
		Saint Francis Invite	St. Francis HS, Mountain View	Field Events 8AM-3PM Running Events 8AM-5PM		
		Throwers/Vaulters Jamboree	Santa Rosa HS	Competition Starts 10AM		
3/27	Fri	Santa Rosa Twilight Invitational	<b>MCHS HOST</b>	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	<b>NBL #1</b> 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	<b>NBL #2</b> vs. Windsor	Windsor HS	2:00 PM	2:15 PM	3:45PM
4/17-4/18	Fri-Sat	* Mt. SAC Relays (Elite Varsity Only)	Mt. SAC	TBD		
4/22	Wed	<b>NBL #3</b> vs. Montgomery	<b>MCHS HOST</b>	2:30 PM	N/A	3:45PM
4/25	Sat	Viking Track Classic	Montgomery HS	Meet Starts 9AM		
4/29	Wed	<b>NBL #4</b> vs. Santa Rosa	<b>MCHS HOST</b>	2:30 PM	N/A	3:45PM
5/6	Wed	<b>NBL Oak/Redwood Trials</b>	<b>Piner HS</b>	TBD		
5/8	Fri	<b>NBL Oak/Redwood Finals</b>	<b>Piner HS</b>	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)	<b>San Rafael HS</b>	Field events start 9AM, Running 10AM		
5/22-5/23	Fri-Sat	*NCS Meet of Champions (MOC) (Top 3 qualify for State)	<b>Dublin HS</b>	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](mailto:greg.fogg@comcast.net) and Sprint Coach Vic Hudson

**Assistant Coaches:** Marion Maassen, Sue Phillip, Russ Pugh, Tim Armstrong, Nick Diaz, Bruce Hotaling, Leanne West (MCHS Room #K1), Heather Martin, Allison Mulligan

**Team Parent/Fundraising:** Dana Kapustka [tacdana@gmail.com](mailto:tacdana@gmail.com) Team Website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

**Local Results:** [www.redwoodempirerunning.com](http://www.redwoodempirerunning.com)

Tracking results/PRs: [www.xcstats.com](http://www.xcstats.com)