

JOIN THE 2020 MARIA CARRILLO TRACK & FIELD TEAM

(First day of Practice is Monday, Feb 10th)

Our roster is open through February '20!



(Rev: 1/6/20)



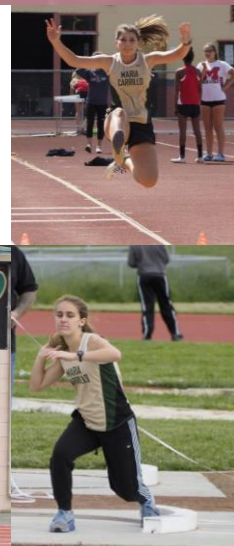
Practice: Right after school, 3:30-5:30 / 5 days a week (Mon 3-5:30)

There are **16 Events** in Track & Field and we have an event for every athlete!
...Big or small, fast or slow, come on out and give it a go! ...If you're not sure what you can do, and you're willing to commit and work hard, we'll help you discover what event is best for YOU!



EVENTS (distance in meters, 1 track lap = 400 meters):

- Sprints: 100, 200, 400, 4x100, 4x400 relays
- Jumps: High Jump, Long/Triple Jump, Pole Vault
- Throws: Shot Put, Discus
- Distance: 800 (2 laps), 1600 (4 laps), 3200 (8 laps)
- Hurdles: 110/100 High Hurdles, 300 Low Hurdles



NO CUTS!!! ~13-16 competitions during the season, including 6 Invite meets, most competitions at local schools/bay area, NBL finals: May 6-May 8, 2020.

Come be a part of our winning team tradition!!!

- Girls Team NBL Championships: 16 of last 21 years!
- Girls Team Redwood Empire NCS Championships: 12 of the last 21 years!
- Boys Team NBL Championships: 11 of last 18 years, including the last 8 years in a row!
- Boys Team Redwood Empire NCS Championships: 6 of the last 18 years, including the last 3 years in a row!

For more information: Check out our new team website at www.mariacarrillorun.com or contact Head Coach, Greg Fogg (707) 291-2967 / greg.fogg@comcast.net