



# MARIA CARRILLO HIGH SCHOOL

6975 Montecito Boulevard  
 Santa Rosa, CA 95409  
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[www.mariacarrillohighschool.com](http://www.mariacarrillohighschool.com)



## 2021 MCHS Cross Country (XC) Schedule - Updated August 22, 2021 -

Date	Day	Event / Opponent	Location	Release from Class	Bus/Cars Leaves	Race Time
7/26-7/31	Mon-Sat	Tahoe Running Camp (not MCHS sponsored)	Zephyr Cove Campground	N/A		
8/9	Mon	First Day of Practice!!! (Thursday, 8/12 First Day of School)	MCHS	Practice: Tue-Fri 3:30-5:30 (Mon: 3-5:30)		
8/18	Wed	Mandatory Parent Team Meeting	MCHS Track	5:30 – 6:45 PM		
8/21	Sat	Team Fundraising (Oliver's/Safeway) 10AM – 4:30PM Run-A-Thon (MCHS Track) 8AM - Midnight				
8/27	Fri	Rancho Cotate Invite	Rancho Cotate HS	2:00	2:15 PM	4PM – 6PM
9/11	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:30 PM
9/17-9/18	Sat	* Woodbridge Invite	Norco, CA (L.A.)	8:00 AM Fri	TBD Saturday Races ~6:00-8:30 PM	
9/18	Sat	Viking Opener	Spring Lake, Santa Rosa	-	TBD Saturday Races ~9:00 AM – 2:00 PM	
9/29	Wed	NBL-OAK #1 vs. Windsor (MCHS Host)	Spring Lake, Santa Rosa	2:00 PM	2:15 PM	4:00 PM
10/6	Wed	NBL-OAK #2 vs. Piner (MCHS Host)	MCHS Campus	2:30 PM	N/A	4:00 PM
10/8-10/9	Fri-Sat	* Clovis Invite	Woodward Park, Fresno	9:00 AM Fri	TBD 4 Races (Varsity and F/S) ~8:30 AM – 1:30 PM	
10/13	Wed	NBL-OAK #3 vs. Monty	Spring Lake, Santa Rosa	2:00 PM	2:15 PM	4:00 PM
10/20	Wed	NBL-OAK #4 vs. Santa Rosa	Spring Lake, Santa Rosa	2:00 PM	2:15 PM	4:00 PM
10/29 or 10/30	Fri or Sat	HOKA 2-Mile Madness (MCHS Host)	MCHS Track	TBD (Races ~5 - 8PM)		
11/12	Fri	NBL-OAK Championships (Host TBD)	Spring Lake, Santa Rosa	11:30 AM	11:45 AM	1:30 PM
11/20	Sat	** NCS Championships	Hayward High School	6:00 AM 7:00 AM	VB race 8:30 AM VG race 9:30 AM	
11/22-11/24	Mon-Wed	Non-Mandatory Thanksgiving Varsity Week of Training	No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD)			
11/27	Sat	** State Championships	Woodward Park, Fresno	9:00 AM Fri	VB race 8:30 AM VG race 9:30 AM	
12/11	Sat	End of Season Celebration	MCHS Small Gym	6:00-8:00 PM		

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

Principal: TBD 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)

Assistant Coaches: Leanne West (Room #D6), Marion Maassen, John Moe

MCHS XC Team Website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

Team Parent: Samantha Donohue [samanthad707@gmail.com](mailto:samanthad707@gmail.com), Dana Kapustka [tacdana@gmail.com](mailto:tacdana@gmail.com)

Most meet results can be found at [www.redwoodempirerunning.com](http://www.redwoodempirerunning.com) or [www.xcstats.com](http://www.xcstats.com) or [www.athletic.net](http://www.athletic.net)