

Meet our Coaches for the 2022 MCHS Track & Field Season!

(First day of practice: Feb 7, 2022)

Sprints, Relays and Hurdles (100m, 200m, 400m 4x100m, 4 x400m, 100/110H, 300H): Vic Hudson (3rd season), Scott DeMange (3rd season), Allison Mulligan (3rd season), Tac Kapustka (2nd season)

Distance (800m, 1600m, 3200m): Greg Fogg (18th season), Leanne West (5th season), Marion Maassen (7th season), John Moe (2nd season)

Throws: Tim Armstrong (6th season), Nick Diaz (5th season)

Pole Vault: Bruce Hotaling (20th season)

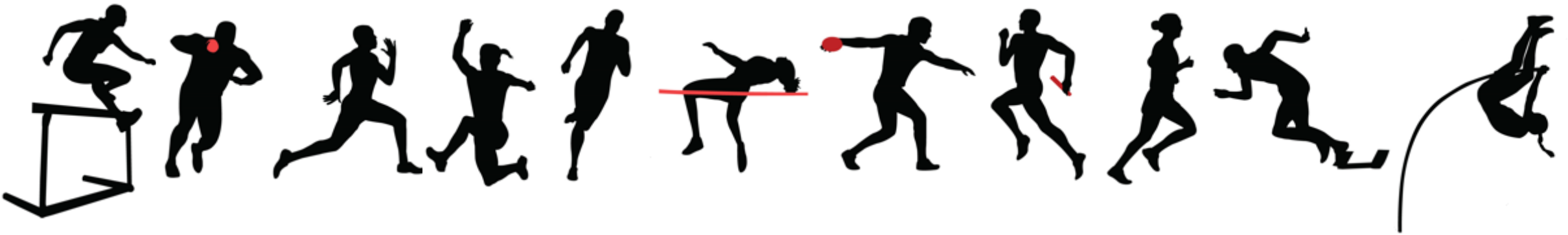
Horizontal Jumps: Mark Giangiacomo (5th season)

High Jump: Dawid Jaworski (4th season)



For more information, contact MCHS Head XC/Track & Field Coach Greg Fogg (707) 291-2967 greg.fogg@comcast.net
Keep updated on Track & Field Conditioning schedule changes on our team website here www.mariacarrillorun.com





Former Collegian/Elite Track & Field Athletes on our MCHS Coaching Staff:

Vic Hudson, University of Arizona: Sprint PRs: 40y 4.13, 100m 10.2, 200m 20.40, 400m 45.21, 800m 1:49.21, Mile 4:11.25, Vertical 40" (30 yrs. Coaching)

Scott DeMange, Purdue University: 800m PR: 1:54

Greg Fogg, SRJC, Chico State and University of Alabama: Distance PRs: 1500m 3:48 [4:06 Mile], 3K Steeple 8:58 (18 yrs. Coaching at MCHS)

Leanne West, Cal Poly State University: Distance PRs: 1500m 4:24.46 [4:44 Mile], 3K 9:50.98, 3K Steeple 10:17.24, 5K 17:54.05

Nick Diaz, SRJC: Throws PRs: Discus 134'6", Shot Put 40', Hammer 138', Javelin 182'5"

Bruce Hotaling, Delaware Track & Field Club: Still competes as Masters Athlete / Coaching Pole Vault since 1967!

Dawid Jaworski, USC (also represented Poland in international competition): High Jump PR: 7'6"



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