



MARIA CARRILLO HIGH SCHOOL



6975 Montecito Boulevard
Santa Rosa, CA 95409

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2022 MCHS Track & Field Schedule -This release: Feb 10,2022

Practice: Mon-Tue-Thu-Fri: 4:00-6:00, Wed: 3:15-5:30

Date	Day	Opponent	Location	Release From Class	Departing MCHS	Race Time
2/7	Mon	First Day of Practice	MCHS	N/A		
2/23	Wed	3:15-4:45: Fun Intersquad Relays 4:45-5:30: Team BBQ 5:30-6:30: Parent Team Meeting	MCHS TRACK	N/A		
3/5	Sat	Big Cat Invitational	Santa Rosa HS	Meet Starts 9 AM		
3/19	Sat	Dublin Distance Fiesta	Dublin HS (800-1600-3200 only)	TBD: Races from 8 AM-10 PM		
		Eddie Hart Invite	Pittsburg HS (no Distance)	Field Events 9:00 AM/Running 10 AM		

3/18 – 3/25 Spring Break / Non-Mandatory Practice this week at MCHS 9:00 – 10:30 AM

3/30	Wed	NBL #1 vs. Windsor	Windsor HS	2:00 PM	2:20 PM	4:00 PM
4/1-4/2	Fri-Sat	*Stanford Invite (Elite Varsity Only)	Stanford University	TBD		
4/6	Wed	NBL #2 vs. Montgomery	Montgomery HS	2:15 PM	2:35 PM	4:00 PM
4/8-4/9	Fri-Sat	*Arcadia Invite (Elite Varsity Only)	Arcadia High School (LA)	TBD		
4/13	Wed	NBL #3 vs. Piner	Piner HS	2:15 PM	2:35 PM	4:00 PM
4/15-4/16	Fri-Sat	*Mt SAC Invite (Elite Varsity Only)	MT San Antonio College (LA)	TBD		
4/20	Wed	NBL #4 vs. West County/Analy	MCHS HOST	2:35 PM		
4/23	Sat	Viking Track Classic	Montgomery HS	Meet Starts 9 AM – 4 PM		
4/27	Wed	NBL #5 vs. Santa Rosa	MCHS HOST	2:35 PM	N/A	4:00 PM
5/4	Wed	NBL Oak + Redwood Trials	Piner HS	1:30PM	1:45PM	3:00 PM
5/6	Fri	NBL Oak + Redwood Finals	Piner HS	1:30PM	1:45PM	3:00 PM
5/12	Thu	MCHS End of Season Celebration	MCHS Track	5:30 PM - 7:00 PM		
5/14	Sat	*Redwood Empire Championships (Top 5 auto-qualify for MOC)	Petaluma HS	Field events start 9AM, running 10AM		
5/20-5/21	Fri-Sat	*NCS Meet of Champions (MOC) (Top 3 qualify for State)	Dublin HS	Friday: Field Events 9AM, Running 1PM Saturday: Field Events 9AM, Running 1:30PM		
5/27-5/28	Fri-Sat	*State Championships	Buchanan HS, Clovis	TBA		

*Varsity Competition Only

Principal: Monique Luke

Athletic Director: Jerry Deakins, Room #M5

Head Coaches: Greg Fogg (707) 291-2967 greg.fogg@comcast.net and Vic Hudson (650) 984-0129 coachvic68@yahoo.com

Assistant Coaches: Scott DeMange, Allison Mulligan, Mark Giangiacomo, Tim Armstrong, Nick Diaz, Bruce Hotaling, Leanne West (room #D6), Marion Maassen, John Moe, Dawid Jaworski, Tac Kapustka

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

Team Facebook Page: "MCHS Track & Field 2022"

Local Results: www.redwoodempirerunning.com

Colors: Forest Green/Black/Vegas Gold

Mascot: Puma

Tracking results/PRs: www.xcstats.com