



MARIA CARRILLO HIGH SCHOOL

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2022 MCHS Cross Country (XC) Schedule - Updated Aug 15, 2022 -

Date	Day	Event / Opponent	Location	Release from Class	Bus/Cars Leave MC	Race Time
June 6 – August 6, 2022 Open Community Summer Group Runs (non-mandatory) Mon-Tue-Wed-Fri 6PM + Sat 9AM						
7/31-8/5	Sun-Fri	Tahoe Running Camp (not MCHS sponsored)	Zephyr Cove Campground	N/A		
8/8	Mon	First Day of Practice!!! (Thursday, 8/11 First Day of School)	MCHS	Practice: Daily 4-6PM (Wed 3:30-5:30)		
8/19	Fri	Mandatory Parent Team Meeting	MCHS Track	5:30 – 6:45 PM		
8/20	Sat	Team Fundraising (Oliver's and Safeway) 10AM – 4:30PM Run-A-Thon (MCHS Track) 8AM - Midnight				
8/26	Fri	Rancho Cotate Invite	Rancho Cotate HS	2:00	2:15 PM	4PM – 6PM
9/10	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:30 PM
9/17	Sat	De La Salle NIKE Invite	Newhall Park, Concord	TBD: Saturday AM + PM Races		
9/17	Sat	Viking Opener	Spring Lake, Santa Rosa	-	TBD: Saturday Races – 9:00 AM – 2:00 PM	
9/28	Wed	NBL-OAK #1 vs. Piner (Piner Host)	Foothill Park, Windsor	2:00 PM	2:15 PM	4:00 PM
10/5	Wed	NBL-OAK #2 vs. Windsor (Windsor Host)	TBD: Foothill Park, Windsor or Spring Lake, Santa Rosa	2:00 PM	2:15 PM	4:00 PM
10/7-10/8	Fri-Sat	* Clovis Invite	Woodward Park, Fresno	9:00 AM Fri	TBD ~8:30 AM – 1:30 PM	
10/12	Wed	NBL-OAK #3 vs. Monty (MCHS Host)	TBD: Spring Lake, Santa Rosa or MC Campus	2:00 PM	2:15 PM	4:00 PM
10/19	Wed	NBL-OAK #4 vs. Santa Rosa (MCHS Host)	TBD: Spring Lake, Santa Rosa or MC Campus	2:00 PM	2:15 PM	4:00 PM
10/28-10/29	Fri or Sat	HOKA 2-Mile Madness (MCHS Host)	MCHS Track	TBD: (Races ~5 - 8PM)		
11/5	Sat	NBL-OAK Championships (Host Montgomery)	Spring Lake, Santa Rosa	TBD (Races ~9AM – Noon)		
11/19	Sat	** NCS Championships	Hayward High School	TBD: Varsity Boys Race TBD: Varsity Girls Race		
11/21-11/23	Mon-Wed	Non-Mandatory Thanksgiving Varsity Week of Training	No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD)			
11/25-11/26	Fri-Sat	** State Championships	Woodward Park, Fresno	TBD: Varsity Boys Race TBD: Varsity Girls Race		
12/10	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

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

MCHS XC Team Website: www.mariacarrillorun.com

Team Parent: Samantha Donohue samanthad707@gmail.com

Most meet results can be found at www.redwoodempirerunning.com or www.xcstats.com or www.athletic.net