



MARIA CARRILLO HIGH SCHOOL

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2022 MCHS Cross Country (XC) Schedule - Updated Oct 24, 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 | | |
| 9/28 | 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 | JVG: 9AM, JVB: 9:35, VG: 10:05, VB: 10:40, Awards 11:10 | | |
| 11/11 | Fri | 2 Mile Time Trial | Analy High School | Races 6 – 8PM | | |
| 11/19 | Sat | ** NCS Championships | Hayward High School | 11:30 AM: Varsity Girls Race 1:00 PM: Varsity Boys 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 | 11:30 AM: Varsity Girls Race 1:00 PM: Varsity Boys 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