

## Meet our Coaches for the 2023 MCHS Track & Field Season!

(First day of practice: Feb 6, 2023)

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

**Distance (800m, 1600m, 3200m):** Greg Fogg (19<sup>th</sup> season), Leanne West (6<sup>th</sup> season), Marion Maassen (8<sup>th</sup> season), John Moe (3<sup>rd</sup> season)

**Throws:** Nick Diaz (6<sup>th</sup> season)

**Pole Vault:** Bruce Hotaling (21<sup>st</sup> season)

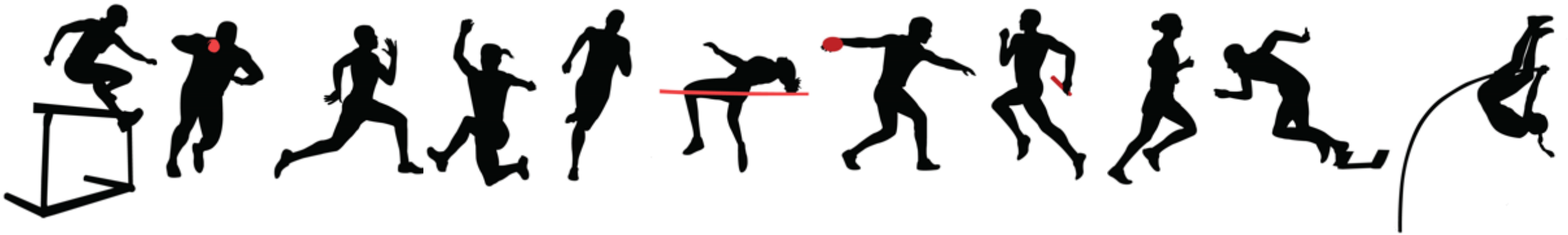
**Horizontal Jumps:** TBD

**High Jump:** Dawid Jaworski (5<sup>th</sup> season)



For more information, contact MCHS Head XC/Track & Field Coach Greg Fogg (707) 291-2967 [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net)  
Keep updated on Track & Field Conditioning schedule changes on our team website here [www.mariacarrillorun.com](http://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 (19 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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