



MCHS 2023 Track & Field Team Overview (Nov 1, 2022)

WHEN DOES THE SEASON START AND HOW LONG DOES IT LAST?

- First day of practice is Feb 6, 2023
- Practice is 5 days a week, Mon-Tue-Thu-Fri from 4-6PM, Wed 3:15-5:15
- Everyone competes for 3 months through North Bay League Finals on May 5 (Varsity who qualify continue through State Meet May 28)
- If you have another sport team commitment (club), our coaches can work with you to keep a flexible schedule/balance your busy schedule!

ARE THERE TRY-OUTS?

- No tryouts/No cuts! Everyone makes the team! (last year, we had 172 on the roster expecting same this year)
- We do have Varsity and JV event standards that can be found on our team website here: www.mariacarrillorun.com

I'M NOT SURE WHAT EVENT I CAN DO?

- No problem, try all of them! ...Everyone can run, jump or throw; our experienced specialized event Coaches will help choose the best event for you!

HOW DO I SIGN-UP?

- If you have already participated in a MCHS Fall or Winter Sport, just go to your SportsNet account and sign-up/add Track & Field
- If you have NOT yet participated in a MCHS Sport, you'll need to complete an Athletic Packet (MCHS school website > Athletics > Athletic Packet Online Registration): https://mchs-santarosa-ca.schoolloop.com/pf4/cms2/view_page?d=x&group_id=1531973661630&vdid=aid19e1xnvsho

Note: Completing an Athletic Packet includes getting a sports physical!





Join the MCHS 2023 Track & Field Team!

(First Day of Practice is February 6th)



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

