



MARIA CARRILLO HIGH SCHOOL



6975 Montecito Boulevard
Santa Rosa, CA 95409

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2023 MCHS Track & Field Schedule -This release: FEBRUARY 1, 2023

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
2/6	Mon	First Day of Practice	MCHS		N/A	
2/22	Wed	5:30-6:30: Parent Team Meeting/Team BBQ	MCHS Track		N/A	
2/24	Fri	Scrimmage	MCHS Track		TBD	
3/4	Sat	Big Cat Invitational	Santa Rosa HS		Meet Starts 9 AM	
3/10	Fri	Twilight Invite	SRJC (co-hosted by MCHS)		11 AM – 9 PM	
3/18	Sat	Dublin Distance Fiesta	Dublin HS (800-1600-3200 only)		TBD: Races from 8 AM-10 PM	
		Saint Francis Invite	Saint Francis HS (no Distance)		Field Events 9:00 AM/Running 10 AM	

3/20 – 3/24 Spring Break / Non-Mandatory Practice this week at MCHS 9:00 – 10:30 AM + Bay Area Relays (3/25?)

3/29	Wed	NBL #1) vs. Monty	MCHS	2:45 PM	N/A	4:00 PM
3/31-4/1	Fri-Sat	*Stanford Invite (Elite Varsity Only)	Stanford University		TBD	
4/5	Wed	NBL #2) vs. Santa Rosa	Santa Rosa HS	2:15 PM	2:30 PM	4:00 PM
4/7-4/8	Fri-Sat	*Arcadia Invite (Elite Varsity Only)	Arcadia High School (LA)		TBD	
4/12	Wed	NBL #3) vs. Analy	Analy HS	2:00 PM	2:15 PM	4:00 PM
4/22	Sat	Viking Track Classic	Montgomery HS		Meet Starts 9 AM – 4 PM	
4/26	Wed	NBL #4) vs. Windsor	MCHS	2:45 PM	N/A	4:00 PM
5/2	Tue	NBL Oak + Redwood Trials	Rancho Cotate HS	2:15 PM	2:30 PM	4:00 PM
5/4	Thu	NBL Oak + Redwood Finals	Rancho Cotate HS	2:15 PM	2:30 PM	4:00 PM
5/11	Thu	MCHS End of Season Celebration	MCHS Track		5:30 PM - 7:00 PM	
5/13	Sat	*Redwood Empire Championships (Top 5 auto-qualify for MOC)	San Rafael HS (Hosted by Terra Linda HS)		Field events start 9AM, running 10AM	
5/19-5/20	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	
5/26-5/27	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, Nick Diaz, Bruce Hotaling, Leanne West (room #D6), Marion Maassen, John Moe, Dawid Jaworski, Tac Kapustka, **Chad Petrik**

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

Team Facebook Page: "Maria Carrillo HS Track & Field"

Local Results: www.redwoodempirerunning.com

Colors: Forest Green/Black/Vegas Gold

Mascot: Puma

Team Website: www.mariacarrillorun.com

Tracking results/PRs: www.xcstats.com