



# MARIA CARRILLO HIGH SCHOOL



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Santa Rosa, CA 95409

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## 2023 MCHS Track & Field Schedule - This release: APRIL 4, 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     | <b>NBL #1</b> ) 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     | <b>NBL #2</b> ) 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     | <b>NBL #3</b> ) vs. Analy  | Analy HS                                  | 2:00 PM   | 2:15 PM | 4:00 PM |
| 4/22      | Sat     | <del>Viking Track Classic</del> <b>Dublin Frosh-Soph Championships</b> | <del>Montgomery HS</del> <b>Dublin HS</b> | <b>Meet Starts 9 AM – Invite Section Events go through 8:35 PM</b>                  |         |         |
| 4/26      | Wed     | <b>NBL #4</b> ) vs. Windsor  | MCHS                                      | 2:45 PM   | N/A     | 4:00 PM |
| 5/2       | Tue     | <b>NBL Oak + Redwood Trials</b>  | Rancho Cotate HS                          | 2:15 PM   | 2:30 PM | 4:00 PM |
| 5/4       | Thu     | <b>NBL Oak + Redwood Finals</b>  | 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<br>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

**Colors:** Forest Green/Black/Vegas Gold

**Athletic Director:** Jerry Deakins, Room #M5

**Mascot:** Puma

**Head Coaches:** Greg Fogg (707) 291-2967 [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) and Vic Hudson (650) 984-0129 [coachvic68@yahoo.com](mailto: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](mailto:tacdana@gmail.com)

Team Website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

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

**Local Results:** [www.redwoodempirerunning.com](http://www.redwoodempirerunning.com)

Tracking results/PRs: [www.xcstats.com](http://www.xcstats.com)