



MARIA CARRILLO HIGH SCHOOL

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2023 MCHS Cross Country (XC) Schedule - Updated August 22, 2023 -

| Date | Day | Event / Opponent | Location | Release from Class | Bus/Cars Leave MC | Race Time |
|--|---------|---|---|---|-------------------------------|-------------------|
| June 5 – August 1, 2023 Open Community Summer Group Runs (non-mandatory) Mon-Tue-Wed-Fri 6PM + Sat 9AM | | | | | | |
| 8/2-8/8 | Wed-Tue | Tahoe Running Camp (not MCHS sponsored) | Zephyr Cove Campground | N/A | | |
| 8/9 | Wed | First Day of Practice!!! (Wed, 8/16 First Day of School) | MCHS | Practice: Daily 4-6PM (Wed 3:30-5:30) | | |
| 8/18 | Fri | Mandatory Parent Team Meeting | MCHS Track | 5:30 – 6:45 PM | | |
| 8/19 | Sat | Team Fundraising (Oliver's and Safeway) 10AM – 4:30PM 12 Hr. Run-A-Thon (MCHS Track) Noon - Midnight | | | | |
| 8/25 | Fri | Rancho Cotate Invite | Rancho Cotate HS | 2:00 | 2:15 PM | 4PM – 6PM |
| 9/9 | Sat | Ed Sias Invite | Hidden Valley Park Center Ave, Martinez | - | 6:45 AM | 9:00 AM – 1:30 PM |
| 9/16 | Sat | Viking Opener | Spring Lake | TBD: Races ~9AM - 1PM | | |
| 9/15-9/16 | Fri-Sat | * Woodbridge Invite | Orange County Great Park (LA) | 8:30 AM Fri | TBD: Races ~4:30 AM – 830 PM | |
| 9/27 | Wed | NBL-OAK #1 vs. Piner (MC Host) | Spring Lake | 2:00 PM | 2:15 PM | 4:00 PM |
| 104 | Wed | NBL-OAK #2 vs. Windsor (MC Host) | MCHS Campus | 2:00 PM | 2:15 PM | 4:00 PM |
| 10/6-10/7 | Fri-Sat | * Clovis Invite | Woodward Park, Fresno | 9:00 AM Fri | TBD: Races ~8:30 AM – 1:30 PM | |
| 10/11 | Wed | NBL-OAK #3 vs. Monty (Monty Host) | Spring Lake | 2:00 PM | 2:15 PM | 4:00 PM |
| 10/18 | Wed | NBL-OAK #4 vs. Santa Rosa (Rosa Host) | Spring Lake | 2:00 PM | 2:15 PM | 4:00 PM |
| 11/3 | Fri | NBL-OAK Championships (Piner Host) | Spring Lake, Santa Rosa | Tentative: JVB: 4PM, JVG: 4:30, VB: 5:00, VG: 5:30 Awards 6:00 PM | | |
| 11/10 | Fri | 2 Mile Time Trial | MCHS Track | Races 6 – 8PM | | |
| 11/18 | Sat | ** NCS Championships | Hayward High School | TBD: Varsity Girls Race TBD: Varsity Boys Race | | |
| 11/20-11/22 | Mon-Wed | Non-Mandatory Thanksgiving Varsity Week of Training | No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD) | | | |
| 11/24-11/25 | Fri-Sat | ** State Championships | Woodward Park, Fresno | TBD: Varsity Girls Race TBD: Varsity Boys Race | | |
| 12/16 | 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: Monique Luke **A/D:** Jerry Deakins Room #M5 **Colors:** Forest Green/Black/Vegas Gold **Mascot:** Puma
Athletic Trainer: Julie Rudy jrudy@srcs.k12.ca.us
Head Coach: Greg Fogg (707) 291-2967 greg.fogg@comcast.net
Assistant Coaches: Leanne West (Room #D6), Marion Maassen, John Moe, Ruben DiRado, Jon Mallon, John Staroba
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