



# MARIA CARRILLO HIGH SCHOOL

6975 Montecito Boulevard  
Santa Rosa, CA 95409  
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[www.mariacarrillohighschool.com](http://www.mariacarrillohighschool.com)



## 2023 MCHS Cross Country (XC) Schedule - Updated October 21, 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	JVB: 3:00, JVG: 3:40, VB: 4:15, VG: 4:40 Awards 5:20		
11/9	Thu	2 Mile Time Trial	MCHS Track	Races 6 – 7PM		
11/18	Sat	** NCS Championships	Hayward High School	11:00 Varsity Girls Div III Race 12:30 Varsity Boys Div III 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	11:00 Varsity Girls Div III Race 12:30 Varsity Boys Div III 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 [judy@srcs.k12.ca.us](mailto:judy@srcs.k12.ca.us)  
**Head Coach:** Greg Fogg (707) 291-2967 [greg.fogg@comcast.net](mailto: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](http://www.mariacarrillorun.com)  
**Team Parent:** Samantha Donohue [samanthad707@gmail.com](mailto:samanthad707@gmail.com)  
**Most meet results can be found at** [www.redwoodempirerunning.com](http://www.redwoodempirerunning.com) or [www.xcstats.com](http://www.xcstats.com) or [www.athletic.net](http://www.athletic.net)