



MARIA CARRILLO HIGH SCHOOL



6975 Montecito Boulevard
Santa Rosa, CA 95409

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2024 MCHS Track & Field Schedule - This release: Jan 9, 2024 -

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
2/5	Mon	First Day of Practice	MCHS		N/A	
2/21	Wed	5:30-6:30: Parent Team Meeting/Team BBQ	MCHS		N/A	
2/23	Fri	Scrimmage (TBD)	MCHS		N/A	
3/2	Sat	Big Cat Invitational	Santa Rosa HS		Meet Starts 9 AM – 5 PM	
3/9	Sat	TBD	TBD		TBD	
3/15-3/16	Fri/Sat	Dublin Distance Fiesta	Dublin HS (800-1600-3200 only)		Fri (TBD) / Sat Races 8 AM-10 PM	
3/16	Sat	Saint Francis Invite	Saint Francis HS (no Distance)		Field Events 9:00 AM/Running 10 AM	

3/18 – 3/22 Spring Break / Non-Mandatory Practice this week at MCHS 9:00 – 10:30 AM + Bay Area Relays (3/23?)

3/27	Wed	NBL #1) vs. Monty	Montgomery HS	2:15 PM	2:30 PM	4:00 PM
3/29-3/30	Fri-Sat	*Stanford Invite (Select Varsity Only)	Stanford University	TBD		
4/3	Wed	NBL #2) vs. Santa Rosa	MCHS	N/A		4:00 PM
4/5-4/6	Fri-Sat	*Arcadia Invite (Select Varsity Only)	Arcadia High School (LA)	TBD		
4/10	Wed	NBL #3) vs. Analy	MCHS	N/A		4:00 PM
4/13	Sat	Twilight Invite	SRJC (co-hosted by MCHS)	9 AM – 9 PM		
4/20	Sat	Viking Track Classic	Montgomery HS	Meet Starts 9 AM – 4:00 PM		
4/24	Wed	NBL #4) vs. Windsor	Windsor HS	2:00 PM	2:15 PM	4:00 PM
4/30	Tue	NBL Oak + Redwood Trials	Santa Rosa HS	2:15 PM	2:30 PM	4:00 PM
5/2	Thu	NBL Oak + Redwood Finals	Santa Rosa HS	2:15 PM	2:30 PM	4:00 PM
5/9	Thu	MCHS End of Season Celebration	MCHS Track	5:30 PM - 7:00 PM		
5/11	Sat	*Redwood Empire Championships (Top 5 auto-qualify for MOC)	SRJC (Co-hosted by Monty/MCHS)	Field events start 9AM, running 10AM		
5/17-5/18	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		
5/24-5/25	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: TBD

Colors: Forest Green/Black/Vegas Gold

Mascot: Puma

Team Parent/Fundraising: TBD

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

Local Results: www.redwoodempirerunning.com

Team Website: www.mariacarrillorun.com

Tracking results/PRs: www.xcstats.com