



# MARIA CARRILLO HIGH SCHOOL

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



## 2024 MCHS Cross Country (XC) Schedule - Updated Oct 14, 2024 -

Date	Day	Event / Opponent	Location	Release from Class	Bus/Cars Leave MC	Race Time
June 3 – August 10 Open Community Summer Group Runs (non-mandatory) Mon-Tue-Wed-Fri 6 PM + Sat 8/9 AM						
7/26-7/31	Fri-Wed	Tahoe Running Camp (not MCHS sponsored)	Zephyr Cove Campground	N/A		
8/12	Mon	First Day of Practice!!! (Wed, 8/14 First Day of School)	MCHS	Practice: Daily 4-6PM (Wed 3:30-5:30)		
8/21	Wed	Mandatory Parent Team Meeting	MCHS Track	5:30 – 6:45 PM		
8/24	Sat	Team Fundraising (Oliver's and Safeway) = 10AM – 4:30PM 12 Hr. Run-A-Thon (MCHS Track) = Noon – Midnight!				
8/30	Fri	Rancho Cotate Invite	Rancho Cotate HS	2:00	2:15 PM	4PM – 6PM
9/14	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:30 PM
9/14	Sat	<del>Viking Opener</del>	<del>Spring Lake</del>	<del>TBD: Races 9AM – 1PM</del>		
9/21	Sat	<b>Fammers Invite</b>	Hayward HS	Races 9:05 am – 11:15 am		
9/20-9/21	Fri-Sat	<b>** Woodbridge Invite</b>	Orange County Great Park (LA)	8:30 AM Fri	TBD: Sat Races ~4:30 PM – 8:30 PM	
10/2	Wed	NBL-OAK #1 vs. Anady/Monty <b>(MCHS Host)</b>	Spring Lake	2:15 PM	2:30 PM	4:00 PM
10/8	Tue	NBL-OAK #2 vs. Rosa/Windsor <b>(Rosa Host)</b>	Spring Lake	2:15 PM	2:30 PM	4:00 PM
10/10-10/11	Thu-Fri	* Clovis Invite	Woodward Park, Fresno	9:00 AM Thu	TBD: Fri Races ~8:30 AM – 1:30 PM	
10/16	Wed	NBL-OAK #3 vs. Rosa/Monty <b>(Monty Host)</b>	Spring Lake	2:00 PM	2:15 PM	4:00 PM
10/23	Wed	NBL-OAK #4 vs. Windsor, Rosa, Monty <b>(Windsor Host)</b>	Spring Lake	2:00 PM	2:15 PM	4:00 PM
11/9	Sat	NBL-OAK Championships <b>(Rosa Host)</b>	Spring Lake	~JVG: 10AM, JVB: 10:30AM, VG: 10:50 AM, VB: 11:20 Awards Noon		
11/2 or 11/16	Sat	2 Mile Time Trial	MCHS Track	Races Start 6 or 7PM		
11/23	Sat	<b>** NCS Championships</b>	Hayward High School	10:30 am Varsity Girls Div III Race Noon Varsity Boys Div III Race		
11/25-11/27	Mon-Wed	Non-Mandatory Thanksgiving Varsity Week of Training	No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD)			
11/29-11/30	Fri-Sat	<b>** State Championships</b>	Woodward Park, Fresno	10:30 am Varsity Girls Div III Race Noon Varsity Boys Div III Race		
12/14	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:** Amy Wiese **A/D:** Jerry Deakins Room #M5 **Colors:** Forest Green/Black/Vegas Gold **Mascot:** Puma

**Athletic Trainer:** Julie Rudy [jrudy@srcs.k12.ca.us](mailto:jrudy@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, Chad Petrik, John Staroba, Kara Myers

**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)