



MARIA CARRILLO HIGH SCHOOL

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2025 MCHS Cross Country (XC) Schedule - Updated October 15, 2025 -

Date	Day	Event / Opponent	Location	Release from Class	Bus/Cars Leave MC	Race Time
June 2 – August 9 Open Community Summer Group Runs (non-mandatory) Mon-Tue-Wed-Fri 6 PM + Sat 8/9 AM						
7/28-8/2	Mon-Sat	Tahoe Running Camp (not MCHS sponsored)	Zephyr Cove Campground	N/A		
8/11	Mon	First Day of Practice!!! (Wed, 8/13 First Day of School)	MCHS	Practice: Daily 4-6PM (Wed 3:30-5:30)		
8/21	Thu	Mandatory Parent Team Meeting	MCHS Track	5:30 – 6:45 PM		
8/23	Sat	Team Fundraising (Oliver's 10am-1:00 pm and Safeway, 10am-4:00pm) 12 Hr. Run-A-Thon (MCHS Track) = Noon – Midnight!				
8/30	Sat	Maria Carrillo 3200m Time Trials	Maria Carrillo HS	First Time Trial starts 7-7:30 PM		
9/13	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:10 PM
9/20	Sat	Famers Invite	Hayward HS	Races 9:05 AM – 11:15 AM		
9/19-9/20	Fri-Sat	** Woodbridge Invite	Orange County Great Park (LA)	8:30 AM Fri	TBD: Sat Races ~4:30 PM – 8:30 PM	
9/25	Thu	NBL-OAK #1 vs. Analay/Monty/Windsor (MCHS Host)	Spring Lake	3:00 PM	3:30 PM	4:30 PM
10/09-10/10	Thu-Fri	* Clovis Invite	Woodward Park, Fresno	9:00 AM Thu	TBD: Fri Races ~8:30 AM – 1:30 PM	
10/16	Thu	NBL-OAK #2 vs. Rosa/Windsor (Rosa Host)	Spring Lake	3:00 PM	3:30 PM	4:30 PM
11/8	Sat	NBL-Oak/Redwood Championships (Windsor/Healdsburg Host)	Spring Lake	Frosh Boys: 8:50 AM JVB: 9:25 AM, JVG: 10:00 AM VB: 10:45 AM, VG: 11:20 AM Awards ~Noon		
11/15	Sat	1600m/3200m Time Trial	MCHS Track	First Race starts 7:00 PM		
11/22	Sat	** NCS Championships	Hayward High School	9:00 AM Varsity Boys Div III Race 10:00 AM Varsity Boys Div III Race		
11/24-11/26	Mon-Wed	Non-Mandatory Thanksgiving Varsity Week of Training	No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD)			
11/28-11/29	Fri-Sat	** State Championships	Woodward Park, Fresno	9:00 AM Varsity Boys Div III Race 10:00 AM Varsity Boys Div III Race		
12/13	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

Head Coaches: Leanne West (Room #D6 lwest@srcs.k12.ca.us) and Greg Fogg (707) 291-2967 greg.fogg@comcast.net
Assistant Coaches: Marion Maassen, Chad Petrik, John Staroba, Kara Myers, Jessica Helms, Jon Fitch

MCHS XC Team Website: www.mariacarrillorun.com

Team Parent: Kelly Kane kelleigh22@gmail.com

Most meet results can be found at www.redwoodempirerunning.com or www.xcstats.com or www.athletic.net