



MARIA CARRILLO HIGH SCHOOL

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2026 MCHS Cross Country (XC) Schedule - Updated 9/8/2026 -

Date	Day	Event / Opponent	Location	Release from Class	Bus/Cars Leave MC	Race Time
June 1 – August 8 Open Community Summer Group Runs (non-mandatory) Mon-Tue-Wed-Thu 6 PM + Sat 8 or 9 AM						
7/26-7/31	Sun-Fri	PR Running Camp (not MCHS sponsored)	Olema Campground / Point Reyes	N/A		
8/10	Mon	First Day of Practice!!! (Mon, 8/17 First Day of School)	MCHS	Practice: Daily 4-6PM (Wed 3:30-5:30)		
8/20	Thu	Mandatory Parent Team Meeting	MCHS Track	5:30 – 6:45 PM		
8/22	Sat	Team Fundraising (Oliver's 10am-1:00 pm and Safeway, 10am-4:00pm) 12 Hr. Run-A-Thon (MCHS Track) = Noon – Midnight!				
8/28	Fri	SoCo Twilight 3200m Time Trial	Maria Carrillo HS Track	First Time Trial starts 7-7:30 PM		
9/12	Sat	Ed Sias Invite	Hidden Valley Park Center Ave, Martinez	-	6:45 AM	9:00 AM – 1:10 PM
9/19	Sat	*Farmers Invite (Cancelled!)	Hayward HS	8-AM Sat	Race Schedule TBD	
9/22	Tue	NBL- Oak #1 vs. Analy/Monty (Windsor Host)	Spring Lake	2:30 PM	2:45 PM	4:00 PM
9/25-9/26	Fri-Sat	** Nike XC Invite	Blue Lake Regional Park (Portland, OR)	Leave early AM Fri	TBD: Sat Races ~10 AM	
10/08-10/09	Thu-Fri	* Clovis Invite	Woodward Park, Fresno	9:00 AM Thu	TBD: Fri Races ~8:30 AM – 1:30 PM	
10/14	Wed	NBL- OAK #2 vs. Rosa/Windsor (Rosa/MC Co-Host)	Spring Lake	2:30 PM	2:45 PM	4:00 PM
10/24	Sat	Haystack Tune-Up	Hayward HS	9:00 AM Sat Race Schedule TBD		
11/7	Sat	NBL-Oak/Redwood Championships (Piner/Analy Co-Host)	Spring Lake	Race Schedule TBD: ~9AM – 11:30 AM		
11/14	Sat	1600m/3200m Time Trial	MCHS Track	First Race Starts 7:00 PM		
11/21	Sat	** NCS Championships	Hayward High School	Boys Div 3 Race 8:30am Girls Div 3 Race 9:30am		
11/23-11/25	Mon-Wed	Non-Mandatory Thanksgiving Varsity Week of Training	No School, practice at MCHS/Parks (9:00-10:30 AM locations TBD)			
11/27-11/28	Fri-Sat	** 11/28 State Championships	Woodward Park, Fresno	Boys Div 3 Race 8:30am Girls Div 3 Race 9:30am		
12/12	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: TBD

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, Colton Swinth

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