

MCHS TRACK & FIELD 2025 MEET ITENERARY (03/12/26)



Gaucha Invite
Saturday, **March 14, 2026**
Casa Grande High School
333 Casa Grande Rd, Petaluma, CA 94954



ATHLETICS.NET EVENT WEBSITE: [Gaucha Relays - Meet Info - Track & Field Meet](#)

LINK TO MEET PROGRAM: [2026 Gaucha Relays Meet Program.pdf](#)

LIVE RESULTS HERE: [Gaucha Relays - Schedule - Track & Field Meet](#)

Order of Events:

Girls 4x100

Boys 4x100

Girls DMR (12-4-8-16)

Boys DMR (12-4-8-16)

Mixed Shuttle Hurdles (Girls 33", Boys 39")

Girls SMR (1-1-2-4)

Boys SMR (1-1-2-4)

Girls 4x800

Boys 4x800

Girls 4x200

Boys 4x200

Girls 4x1600

Boys 4x1600

Mixed Throwers 4x100

Mixed 4x400

- **ARRIVAL:** All Athletes need to be at GCHS at least 1 hour before the start of their event!

- **ADMISSION:** Spectators may enter/exit through the gate at the southeastern corner of the stadium only. General - \$5, Kids 10 and under – free

- **ORDER OF EVENTS!** Please follow the published "ORDER OF EVENTS", there's no fixed time-schedule for this meet! EVERYONE needs to pay attention to how many races/heats are ahead of start of your race!

- **SUBSTITUTIONS ARE ALLOWED FOR RELAYS!** Be sure to check with your MCHS Event Coach before making any changes! (we can correct names for final results if we change relay rosters)

- **AWARDS:** Track Events: medals for all members of the top 3 teams in each event (limit 1 team per school). Custom gold baton for the top team in each event. Field Events: medals for the top 3 individuals in each event. Custom gold baton for the top mixed team in each event.

Any questions, contact MCHS Head Track & Field Coach, Greg Fogg (707) 291-2967 (However, Greg won't likely be picking up phone on day of competition)

Keep checking on our Team Website for updates www.mariacarrillorun.com GO PUMAS!!!

Field Events:

Discus – **CANCELLED**

Shot Put – in flights: Open Girls, Open Boys, JV Boys

High Jump – boys opening height is 4'6", girls opening height is 3'6" 30 min after boys competition concludes

Pole Vault – girls opening height is 6', boys opening height is 7' 30 min after girls competition concludes

Long Jump – 1 boys pit, 1 girls pit in flights

Triple Jump – flights after conclusion of LJ

MCHS TRACK & FIELD 2025 MEET ITENERARY CONT... (03/12/26)

GaUCHO Invite



2026 GaUCHO Relays

Time Estimate

** Rolling schedule will be used **

Event Name	Heats	Start Time
Girls 4x100	5	9:00 AM
Boys 4x100	5	9:30 AM
Girls DMR (12-4-8-16)	1	10:00 AM
Boys DMR (12-4-8-16)	2	10:20 AM
Mixed Shuttle Hurdles	3	11:05 AM
Girls SMR (1-1-2-4)	3	11:30 AM
Boys SMR (1-1-2-4)	3	11:55 AM
Girls 4x800	1	12:20 PM
Boys 4x800	2	12:40 PM
Girls 4x200	4	1:10 PM
Boys 4x200	4	1:45 PM
Girls 4x1600	1	2:20 PM
Boys 4x1600	1	2:50 PM
Mixed Throwers 4x100	2	3:20 PM
Mixed 4x400	3	3:35 PM