



MARIA CARRILLO HIGH SCHOOL

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Santa Rosa, CA 95409

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2025 MCHS Track & Field Schedule - This release: Feb 4, 2025 -

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
2/10	Mon	First Day of Practice	MCHS	N/A		
2/19	Wed	5:30-6:30: Parent Team Meeting/Team BBQ	MCHS Track	N/A		
2/21	Fri	Scrimmage (TBD)	MCHS	N/A	4:00 PM	
3/1	Sat	Big Cat Invitational	Santa Rosa HS	Meet will be 9 AM – ~5 PM		
3/8	Sat	Gaucha Relays	Casa Grande HS	Meet will be 9 AM – ~4 PM		
3/15	Sat	Santa Rosa Field Event Jamboree	Santa Rosa HS	Meet will be 10 AM – ~2 PM		
3/15	Sat	Eddie Hart Invite	Pittsburg HS	Field/Running Events 9:30 AM		

3/17 – 3/21 Spring Break / Non-Mandatory Practice this week at MCHS 9:00 – 10:30 AM

3/21-3/22	Fri/Sat	Dublin Distance Fiesta	Dublin HS (800-1600-3200 only)	Fri (TBD) / Sat Races 8 AM-10 PM		
3/29	Sat	Bay Area Relays	Foothill HS, Pleasanton	Meet will be 9 AM – ~4 PM		
4/4-4/5	Fri-Sat	*Stanford Invite (Select Varsity Only)	Stanford University	TBD		
4/9	Wed	NBL #1) vs. Analy	MCHS	N/A	4:00 PM	
4/11-4/12	Fri-Sat	*Arcadia Invite (Select Varsity Only)	Arcadia High School (LA)	TBD		
4/16	Wed	NBL #2) vs. Rosa	SRHS	2:15 PM	2:30 PM	4:00 PM
4/19	Sat	Bryan Bradley Viking Track Classic	Montgomery HS	Meet Starts 9 AM – ~5:00 PM		
4/23	Wed	NBL #3) vs. Windsor	MCHS	N/A	4:00 PM	
4/25	Fri	MCHS Track Team Fundraiser Golf Tourney	Bennett Valley Golf Course	(Check-in 11:30 AM)		
4/30	Wed	NBL #4) vs. Monty	MHS	2:15 PM	2:30 PM	4:00 PM
5/6	Tue	NBL Oak + Redwood Trials	Ukiah HS	12:45 PM	1:00 PM	3:00 PM
5/8	Thu	NBL Oak + Redwood Finals	Ukiah HS	12:45 PM	1:00 PM	3:00 PM
5/15	Thu	MCHS End of Season Celebration	MCHS Track	5:30 PM - 7:00 PM		
5/16-5/17	Fri-Sat	*Redwood Empire Championships (Top 5 auto-qualify for MOC)	Fortuna HS	Field events start 9AM, running 10AM		
5/23-5/24	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		
5/30-5/31	Fri-Sat	*State Championships	Buchanan HS, Clovis	TBA		

*Varsity Competition Only

Principal: Amy Wiese - **Colors:** Forest Green/Black/Vegas Gold - **Mascot:** Puma - **Athletic Director:** Jerry Deakins, Rm#M5

Coaches: Greg Fogg (707) 291-2967 greg.fogg@comcast.net, Vic Hudson (650) 984-0129 coachvic68@yahoo.com
Leanne West (Rm#D6), Nick Diaz, Scott DeMange, Tac Kapustka, Bruce Hotaling, Gus Belt, Dawid Jaworski, Marion Maassen, Chad Petrik

Team Parent/Fundraising: Dana Kapustka tacdana@gmail.com
Local Results: www.redwoodempirerunning.com

Team Website: www.mariacarrillorun.com
Tracking results/PRs: www.xcstats.com