



MARIA CARRILLO HIGH SCHOOL

6975 Montecito Boulevard
Santa Rosa, CA 95409



2026 MCHS Track & Field Schedule

Practice: Mon-Tue-Thu-Fri: 4:00-6:00, Wed: 3:15-5:30 Updated: 3/1/26

Date	Day	Opponent	Location	Release From Class	Departing MCHS	Race Time
2/9	Mon	First Day of Practice	MCHS	N/A		
2/18	Wed	5:30-6:30: Parent Team Meeting	MCHS Track	N/A		
2/25	Wed	Intra-Squad Meet	MCHS	N/A	4:00 PM	
3/7	Sat	Big Cat Invitational	Santa Rosa HS	9 AM – ~5 PM		
3/14	Sat	Gaucha Relays	Casa Grande HS	9 AM – ~4 PM		
3/16 – 3/20 Spring Break / Non-Mandatory Practice this week at MCHS 10:00 – 11:30 AM						
3/21	Sat	Santa Rosa Field Event Jamboree	Santa Rosa HS	10 AM – ~2 PM		
3/20-3/21	Fri/Sat	Dublin Distance Fiesta	Dublin HS (800-1600-3200 only)	Fri (TBD) / Sat Races 8 AM-10 PM		
3/21	Sat	Swenson/Werne Invite	San Ramon Valley HS	9 AM – ~4 PM		
3/28	Sat	Bay Area Relays	Foothill HS, Pleasanton	9 AM – ~4 PM		
4/3-4/4	Fri-Sat	*Stanford Invite (Select Varsity Only)	Stanford University	TBD		
4/8	Wed	<u>NBL #1</u> vs. <u>Analy</u>	Analy	1:40 PM	2:00 PM	4:00 PM
4/10-4/11	Fri-Sat	*Arcadia Invite (Select Varsity Only)	Arcadia High School (LA)	TBD		
4/15	Wed	<u>NBL #2</u> vs. <u>Rosa</u>	MCHS	2:45 PM	N/A	4:00 PM
4/18	Sat	Twilight Invite	SRJC (MCHS Co-Host)	10 AM – 9:30 PM		
4/24	Fri	Team Fundraiser Golf Tourney	Bennett Valley Golf Course	(Check-in 11:30 AM)		
4/22	Wed	<u>NBL #3</u> vs. <u>Windsor</u>	Windsor	1:40 PM	2:00 PM	4:00 PM
4/25	Sat	Bryan Bradley Viking Track Classic	Montgomery HS	9 AM – ~5 PM		
4/29	Wed	<u>NBL #4</u> vs. <u>Monty</u>	MCHS	2:45 PM	N/A	4:00 PM
5/2	Sat	Mustang Frosh-Soph Invite	San Marin HS	9AM - ~5 PM		
5/5	Tue	NBL Oak + Redwood Trials	SRJC	12:45 PM	1:00 PM	3:00 PM
5/7	Thu	NBL Oak + Redwood Finals	SRJC	12:45 PM	1:00 PM	3:00 PM
5/14	Thu	MCHS End of Season Celebration	MCHS Track	5:30 PM - 7 PM		
5/16	Sat	*Redwood Empire Championships (Top 5 auto-qualify for MOC)	SRJC	Field Events start 9AM, Running 10AM		
5/22-5/23	Fri-Sat	*NCS Meet of Champions (MOC) (Top 3 auto-qualify for State)	Dublin HS	Friday: Field Events 9AM, Running 1PM Saturday: Field Events 9AM, Running 1:30PM		
5/29-5/30	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 (MCHS Rm #D6), Nick Diaz, Scott DeMange, Gus Belt, Dawid Jaworski, Marion Maassen, Chad Petrik, John Staroba, Jessica Helms, Jon Fitch, Jorge Corona
Athletic Trainer: Judy Rudy jrudy@srcs.k12.ca.us

Spring Fling Golf Tournament: www.mariacarrillorun.com/spring-fling-golf-tournament

Team Parent/Fundraising: TBD

www.redwoodempirerunning.com

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