

MARIA CARRILLO

2012 XC SCHEDULE

Revised 9/15/12*

Date	Day	Opponent	Location	Release	Depart	M-Time
8/25	Sat			N/A (No School)		
9/8	Sat			-	6:30 AM	9:00 AM
9/12	Wed			1:45 PM	2:00 PM	3:45 PM
9/15	Sat			-	-	9:00 AM
9/26	Wed			1:45 PM	2:00 PM	3:45 PM
9/29	Sat			-	8:00 AM	1:00 PM
10/3	Wed	NBL #1 Ukiah	Ukiah High School	1:00 PM	1:15 PM	3:45 PM
10/6	Sat	Clovis Invite (Var + top Frosh/Soph)	Woodward Park, Fresno	11:50 AM- Fri	Noon Friday	9:00AM Sat
10/10	Wed	NBL #2 Casa/Rosa	Spring Lake, Santa Rosa MCHS HOST	2:00 PM	2:15 PM	3:45 PM
10/13	Sat	Crystal Springs Invite	Crystal Springs Park Belmont	-	6:15 AM	9:00 AM
10/17	Wed	NBL #3 Monty/Rancho	Spring Lake, Santa Rosa Monty Host	1:45 PM	2:00 PM	3:45 PM
10/24	Wed	NBL #4 Windsor/CN	MCHS Campus Course MCHS HOST	2:30PM	-	3:45 PM
11/2	Fri	NBL Championships	Spring Lake, Santa Rosa CN Host	Noon	12:15 PM	2:00 PM
11/17	Sat	NCS Championships	Hayward High School	-	7AM/ 8AM	1030AM/ Noon
11/19- 11/21	Mon- Wed	Thanksgiving Week Training (Varsity Only)	MCHS and Parks (TBD)	N/A (No School)		
11/24	Sat	State Championships	Woodward Park, Fresno	11AM Friday		TBD Sat
12/8	Sat	Season End Celebration	MCHS Small Gym			6-8pm

Principal: Rand VanDyke

Colors: Forest Green/Black/Vegas Gold

Athletic Directors: Jerry Deakins & Kara Myers

Mascot: Puma

Head Coach: Greg Fogg cell (707) 291-2967 (greg.fogg@comcast.net)

Assistant Coach: Ruben DiRado cell (707) 799-7218

Volunteer Assistant Coaches: Jeff Barker, Tim Gunderson, Michael Pointer, Sheryl Harden

Blog: www.mchsxc.blogspot.com