



MCHS XC 2025 ITENERARY (8/27/26)

SoCo Twilight 3200m Invite / Maria Carrillo High School Track

Friday, August 28, 2026, 7-9pm

6975 Montecito Blvd. Santa Rosa, CA 95409

***** TOTAL of 171 XC ATHLETES REGISTERED!!! *****

➤ **IMPORTANT:** Please arrive at least 1 hr. before scheduled race time below! Once Athletes arrive, go to the MCHS XC Team Tent (near finish line), write your competition # on top of left hand, find your race heat teammates and warm-up/cool-down together!

Friday, 8/28/26 SoCo Twilight 3200m Invite Race Schedule (seed times):

7:00pm Boys Heat #1 of 4 (13:00-15:00) = 32 entries

7:20pm Girls Heat #1 of 3 (14:13-17:23) = 28 entries

7:40pm Boys Heat #2 of 4 (11:55-12:59) = 27 entries

8:00pm Girls Heat #2 of 3 (12:59-14:00) = 22 entries

8:20pm Boys Heat #3 of 4 (11:08-11:46) = 27 entries

8:35pm Girls Heat #3 of 3 (11:03-12:55) = 19 entries

8:50pm Boys Heat #4 of 4 (9:37 - 11:07 = 16 entries

...Should be done by 9:10pm!

See Meet Program for your Heat # Roster!

Questions? ...Contact MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net