



# MCHS TRACK & FIELD 2026 MEET ITINERARY (3/26/26)

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## Bay Area Relays, Saturday, March 28, 2026



Foothill High School (4375 Foothill Rd. Pleasanton, CA 94588)

WEBSITE FOR ENTRIES, HEAT SHEET SCHEDULE, LIVE RESULTS, PURCHASE SPECTATOR TICKETS:

<https://www.diablotiming.com/results/2026-03-28/>

**LOGISTICS:** Assuming all athletes are driving OYO, limited rides are available with some Coaches, contact them IF you need a ride (typically leaving from MCHS 5:30/6:00am):

Any questions, contact Coach Greg Fogg, [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) / (707) 291-2967 (Note: Greg will be busy coaching on meet day and NOT likely picking up his phone, but OK to text)

### FIELD EVENT SCHEDULES (AM + PM):

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#### Bay Area Relays - 3/28/2026 Foothill High School Session Report

##### Session: 1 - Field Events #1

Day 1 - Saturday 3/28/2026 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
8:00 AM	#44 Girls Discus Throw Relay Frosh/Soph	Finals	16	1
8:00 AM	#46 Boys Shot Put Relay Frosh/Soph	Finals	38	3
8:00 AM	#48 Girls Long Jump Relay Frosh/Soph	Finals	29	2
8:00 AM	#52 Boys Triple Jump Relay Frosh/Soph	Finals	20	2
8:00 AM	#50 Girls High Jump Relay Frosh/Soph	Finals	18	1
8:00 AM	#54 Boys Pole Vault Relay Frosh/Soph	Finals	17	1
10:00 AM	#45 Boys Shot Put Relay Varsity	Finals	42	3
10:00 AM	#47 Girls Long Jump Relay Varsity	Finals	34	3
10:00 AM	#51 Boys Triple Jump Relay Varsity	Finals	22	2
10:00 AM	#49 Girls High Jump Relay Varsity	Finals	20	1
10:00 AM	#56 Boys Pole Vault Relay Varsity	Finals	22	1
10:00 AM	#43 Girls Discus Throw Relay Varsity	Finals	32	3
Athlete Count: 298			====	====
Entry / Heat Totals:			310	23

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#### Bay Area Relays - 3/28/2026 Foothill High School Session Report

##### Session: 3 - Field Events #2

Day 1 - Saturday 3/28/2026 - Starts at 12:00 PM

Starts at	Event	Round	Entries	Heats
12:00 PM	#34 Boys Discus Throw Relay Frosh/Soph	Finals	36	3
12:00 PM	#36 Girls Shot Put Relay Frosh/Soph	Finals	19	2
12:00 PM	#38 Boys Long Jump Relay Frosh/Soph	Finals	31	3
12:00 PM	#42 Girls Triple Jump Relay Frosh/Soph	Finals	14	1
12:00 PM	#40 Boys High Jump Relay Frosh/Soph	Finals	24	1
12:00 PM	#53 Girls Pole Vault Relay Frosh/Soph	Finals	9	1
2:00 PM	#33 Boys Discus Throw Relay Varsity	Finals	39	3
2:00 PM	#35 Girls Shot Put Relay Varsity	Finals	33	3
2:00 PM	#37 Boys Long Jump Relay Varsity	Finals	34	3
2:00 PM	#41 Girls Triple Jump Relay Varsity	Finals	21	2
2:00 PM	#39 Boys High Jump Relay Varsity	Finals	23	1
2:00 PM	#55 Girls Pole Vault Relay Varsity	Finals	20	1
Athlete Count: 294			====	====
Entry / Heat Totals:			303	24

# GO PUMAS!!!



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Foothill High School (4375 Foothill Rd. Pleasanton, CA 94588)

**RUNNING EVENT SCHEDULE (see next page) NOTE:** This is a rolling schedule, **these times listed on diablo timing.com are estimated**, please arrive at least 1.5-2.0 hrs. ahead of your est. event start time, for adequate time to warm-up/check-in, especially if you're on a relay team!

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### Bay Area Relays - 3/28/2026 Foothill High School Session Report

Session: 2 Track Events

Day 1 - Saturday 3/28/2026 - Starts at 09:00 AM

Starts at	Event	Round	Entries	Heats
9:00 AM	#5 Girls 4x100 Meter Relay Frosh/Soph	Finals	19	3
9:10 AM	#6 Boys 4x100 Meter Relay Frosh/Soph	Finals	31	4
9:24 AM	#7 Girls 4x100 Meter Relay Varsity	Finals	23	3
9:35 AM	#8 Boys 4x100 Meter Relay Varsity	Finals	33	5
9:55 AM	#1 Girls Distance Medley Frosh/Soph	Finals	10	1
10:13 AM	#2 Boys Distance Medley Frosh/Soph	Finals	16	1
10:28 AM	#3 Girls Distance Medley Varsity	Finals	20	1
10:43 AM	#4 Boys Distance Medley Varsity	Finals	22	1
11:05 AM	#17 Boys 4x110 Meter Shuttle Hurdle Frosh/Soph	Finals	1	1
11:05 AM	#18 Boys 4x110 Meter Shuttle Hurdle Varsity	Finals	8	3
11:24 AM	#19 Girls 4x100 Meter Shuttle Hurdle Frosh/Soph	Finals	1	1
11:29 AM	#20 Girls 4x100 Meter Shuttle Hurdle Varsity	Finals	9	3
11:49 AM	#66 Mixed 4x400 Meter Relay Co-Ed F/S Ra Frosh/Soph	Finals	12	2
12:02 PM	#63 Mixed 4x400 Meter Relay Co-Ed Varsit Varsity	Finals	10	2
12:19 PM	#64 Girls 100 Meter Dash Frosh/Soph	Finals	57	8
12:35 PM	#65 Boys 100 Meter Dash Frosh/Soph	Finals	66	9
12:53 PM	#61 Girls 100 Meter Dash Varsity	Finals	54	7
1:07 PM	#62 Boys 100 Meter Dash Varsity	Finals	75	10
1:32 PM	#9 Girls 4x800 Meter Relay Frosh/Soph	Finals	11	1
1:45 PM	#10 Boys 4x800 Meter Relay Frosh/Soph	Finals	21	1
1:58 PM	#11 Girls 4x800 Meter Relay Varsity	Finals	18	1
2:11 PM	#12 Boys 4x800 Meter Relay Varsity	Finals	28	2
2:40 PM	#13 Girls 4x200 Meter Relay Frosh/Soph	Finals	17	3
2:56 PM	#14 Boys 4x200 Meter Relay Frosh/Soph	Finals	29	4
3:18 PM	#15 Girls 4x200 Meter Relay Varsity	Finals	17	3
3:33 PM	#16 Boys 4x200 Meter Relay Varsity	Finals	26	4
3:57 PM	#67 Girls 1 Mile Run Frosh/Soph	Finals	21	1
4:05 PM	#68 Boys 1 Mile Run Frosh/Soph	Finals	31	2
4:21 PM	#69 Girls 1 Mile Run Varsity	Finals	22	1
4:28 PM	#70 Boys 1 Mile Run Varsity	Finals	28	2
4:47 PM	#29 Girls 4x400 Meter Relay Frosh/Soph	Finals	13	2
4:57 PM	#30 Boys 4x400 Meter Relay Frosh/Soph	Finals	20	3
5:12 PM	#31 Girls 4x400 Meter Relay Varsity	Finals	13	2
5:22 PM	#32 Boys 4x400 Meter Relay Varsity	Finals	13	2
	Athlete Count: 1156		====	====
	Entry / Heat Totals:		795	99

# GO PUMAS!!!