



MCHS TRACK & FIELD 2025 MEET ITENERARY (03/06/26)

Big Cat Invite Saturday, March 7, 2026

Santa Rosa High School
1235 Mendocino Ave, Santa Rosa, CA 95401



ATHLETICS.NET EVENT WEBSITE: [Big Cat Invitational - Meet Info - Track & Field Meet](#)

LIVE RESULTS HERE: [Big Cat Invitational - Results - Track & Field Meet](#)

2026 BIG CAT ORDER OF EVENTS

TRACK EVENTS BEGIN AT 9:00 AM

4 x 100M RELAY JVG, JVB, VG, VB

1600M JVG, JVB, VG, VB

110M HURDLES VB 39", JVB 36"
100M HURDLES JVG 33", VG 33"

400M JVG, JVB, VG, VB

100M JVG, JVB, VG, VB
(limit 6 per team/division)

800M JVG, JVB, VG, VB

300M HURDLES JVG, VG 30"
300M HURDLES JVB, VB 36"

200M JVG, JVB, VG, VB
(limit 6 per team/division)

3200M JVG, JVB, VG, VB
(Races may be combined)

4 x 400M RELAY JVG, JVB, VG, VB

FIELD EVENTS BEGIN AT 9:00 AM

VG SHOT PUT (3 attempts RING 2)
JVG SHOT PUT (3 attempts RING 3)

VB DISCUS (3 attempts RING 4)
JVB DISCUS (3 attempts RING 1)

BOYS HIGH JUMP (Continuous)
JVB (start at 4'6")
VB (start at 5'0")

POLE VAULT (Continuous)
JVG/VG (start at 6'0")
JVB (start at 7'6")
VB (start at 9'0")

LONG JUMP (3 attempts/Open Pit)
Girls run throughs 8:30 am - 9:00 am
Girls 9:00 am - 11:30 am
Boys run throughs 11:30 am - 12:00 pm
Boys 12:00 pm - 2:30 pm

The following events will begin after the conclusion of the above events:

VB SHOT PUT (3 attempts RING 2)
JVB SHOT PUT (3 attempts RING 3)

VG DISCUS (3 attempts RING 4)
JVG DISCUS (3 attempts RING 1)

GIRLS HIGH JUMP (Continuous)
JVG (start at 3'6")
VG (start at 4'0")

TRIPLE JUMP (3 attempts/Open Pit; after LJ/2:30 pm)

- **ARRIVAL:** All Athletes need to be at SRHS at least 1 hour before the start of their event!
- **PARKING!** Space will be limited! Plan on ~10 minutes to secure parking at SRHS (encouraging use of student parking lot – access off Ridgway Ave.) or park/pay at SRJC.
- **SPECTATOR TICKETS!** SRHS will be using “Go Fan” for Spectator Tickets; cash is accepted at Main Gate, not Back Gate by Snack Bar. –Full Snack Bar available all day! Spectator Entry Fee \$10/\$5 (student/senior); 5 & under free. LNK: [Big Cat Track and Field - Track and Field - Mar 7, 2026](#)
- **COMPETITOR #S!** ...For all Athletes! Please find our MCHS team tent when you arrive, get your unique competitor # posted in our team canopy (sharpie # on top of your left hand).
- **ORDER OF EVENTS!** Please follow the published “2026 BIG CAT ORDER OF EVENTS”, there’s no time-schedule for this meet. EVERYONE needs to pay attention to how many races/heats are ahead of start of your race!
- **AWARDS:** Heat Winner laser-cut wooden medals!
- **SEEDING FOR YOUR EVENT! THIS IS VERY IMPORTANT**

TO ENSURE THE MEET DIRECTOR HAS AN ACCURATE # OF HEATS TO KEEP THE MEET MOVING ALONG! This meet will SEED (SLOW > FAST) IN THE BULLPEN! For each race, MC assign 1 athlete per division (JVG/JVB/VG/VB) for each event, to reporting the total # of athletes in each race.

BIG CAT PLANNING	
2025	TRACK EVENT
9:00	4 x 100m
9:40	1600m
11:30	100/110h
11:55	400m
1:00	100m
2:45	800m
3:40	300h
4:00	200m
5:30	3200m
6:05	4 x 400m

NOTE: These are approximate times from the 2025 meet. Please use this just as a courtesy reference -- NOT as an official time schedule. We will operate on a ROLLING SCHEDULE that is entirely determined by the # of athletes/heats on 2026 Meet Day.

Any questions, contact MCHS Head Track & Field Coach, Greg Fogg (707) 291-2967 (However, Greg won't likely be picking up phone on day of competition)

Keep checking on our Team Website for updates
www.mariacarrillorun.com

GO PUMAS!!!