



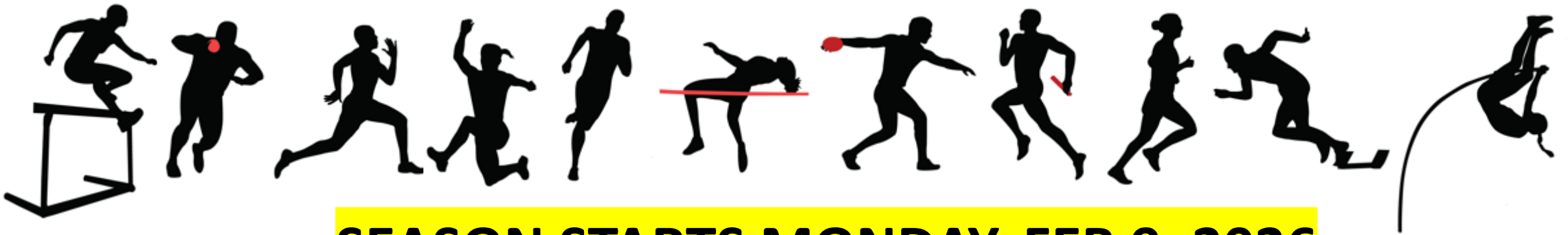
**Join the MCHS 2026 Track & Field Team!**

**First Day of Practice is February 9<sup>th</sup>, 2026**



For more info, see **Mrs. West, room #D6** or contact MCHS Head XC/Track & Field Coach Greg Fogg (707) 291-2967 [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net)

Check out our MC Track Team website here [www.mariacarrillorun.com](http://www.mariacarrillorun.com)



## SEASON STARTS MONDAY, FEB 9, 2026

**PRACTICE?** We practice 5 days a week right after school, Mon-Tue-Thu-Fri 4-6, Wed 3:15-5:15

**...NEED FLEXIBILITY?** If you have another sport/club team commitment, Coaches work with you to keep a flexible schedule/balance other commitments!

**NO TRY-OUTS, EVERYONE MAKES THE TEAM!** ...Last year we had 168 co-ed athletes active on our roster!

**...NOT SURE WHAT EVENT TO DO?** Try all of them! -Everyone can run, jump or throw! Our Coaches will help choose the best event for you!

### HOW TO SIGN-UP?

- If you have already participated in a MCHS Fall or Winter Sport, just go to your SportsNet account and sign-up/add Track & Field
- If you have NOT yet participated in a MCHS Sport yet, complete an Athletic Packet (MCHS school website > Athletics > Athletic Packet Online Registration)

**QUESTIONS?** See Mrs. West Room #D6 Contact MCHS Head Track Coach, Greg Fogg (707) 291-2967 [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net)

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