

Ventura Unified School District  
 Buena High School  
 5670 Telegraph Road  
 Ventura, CA 93003  
 (805)289-1826 FAX: (805)289-1854

## SPORT: TRACK & FIELD

LEVEL (Varsity, JV, Sophomore, Freshman): ALL LEVELS

SCHOOL YEAR: 2022 - 2023

Practice Begins:				# of Contests:					
Athletic Director:		Derek Rusk		Start Time:		3:00			
Head Coach:		Nate Sommars (B), Michele Burns (G)							
Asst. Coach:		David Vallejo, Sarah Pinkstaff, Jeff McKeown,							
DAY OF WEEK	DATE	OPPONENT NAME OF HIGH SCHOOL OR LOCATION	ADDRESS AND CITY	CONTEST TIME	PRJ TIME	BUS TIME	RTN TIME	# OF BUSES	
Tuesday	TBA	Parent Mtg	Cafeteria	6:00 PM	-	-	-	-	
Saturday	2/18/23	Westlake Distance	Westlake HS	TBA	TBA	TBA	TBA	1	
Wednesday	2/22/23	Westlake, Moorpark	MPHS: 4500 Tierra Rejada Rd, Moorpark	3:00 PM	12:15 PM	12:30 PM	8:30 PM	2	
Friday	TBA	TEAM PICTURES	BUENA	2:45 PM	-	-	-	-	
Friday	3/3/23	Don Green Distance	MPHS: 4500 Tierra Rejada Rd, Moorpark	3:00 PM	12:15 PM	12:30 PM	9:00 PM	1	
Saturday	3/4/23	Don Green Memorial Track Meet	MPHS: 4500 Tierra Rejada Rd, Moorpark	9:00 AM	6:45 AM	7:00 AM	5:00 PM	1	
Friday	3/10/23	Ventura Distance Carnival	2 N Catalina, Ventura	TBA	TBA	TBA	TBA	1	
Saturday	3/11/23	Ventura Invite**	2 N Catalina, Ventura	8:00 AM	TBA	TBA	TBA	1	SAT Test
<b>Wednesday</b>	<b>3/15/23</b>	<b>Channel: Oxnard, Buena, San Marcos*</b>	<b>San Marcos HS</b>	<b>3:00 PM</b>	<b>12:15 PM</b>	<b>12:30 PM</b>	<b>8:00 PM</b>	<b>2</b>	
Saturday	3/18/23	Easter Relays	SBCC	TBA	TBA	TBA	TBA	1	
Saturday	3/18/23	The Qualifer	Covina District Fields, Covina, CA	TBA	TBA	TBA	TBA	1	
Saturday	3/18/23	Arcadia Distance Challenge	Arcadia HS	TBA	TBA	TBA	TBA	1	
<b>Wednesday</b>	<b>3/22/23</b>	<b>Channel: Dos Pueblos, Buena, Pacifica*</b>	<b>Dos Pueblos HS</b>	<b>3:00 PM</b>	<b>12:15 PM</b>	<b>12:30 PM</b>	<b>8:00 PM</b>	<b>2</b>	
Friday	3/24/23	Simi Valley Invite**	5400 Cochran St, Simi Valley, CA 93063	9:00 AM	TBA	TBA	TBA	1	
Saturday	3/25/23	Simi Valley Invite**	5400 Cochran St, Simi Valley, CA 93063	9:00 AM	TBA	TBA	TBA	1	
Saturday	TBA	Meet of Champions**	Azusa: 901 E Alostia Ave, Azusa	TBA	TBA	TBA	TBA	TBA	
<b>Wednesday</b>	<b>3/29/23</b>	<b>Channel: Ventura, Buena *</b>	<b>HOME</b>	<b>3:00 PM</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	
Friday	3/31/23	Spartan Relays / Distance Carnival	Rio Mesa HS	TBA	TBA	TBA	TBA	1	
Saturday	4/1/23	Spartan Relays / Distance Carnival	Rio Mesa HS	TBA	-	-	-	-	
**Spring Break (4/3/23 - 4/7/23) **									
Friday	4/7/23	Arcadia Invite**	180 Campus Dr., Arcadia	TBA	TBA	TBA	TBA	Vans	
Saturday	4/8/23	Arcadia Invite**	181 Campus Dr., Arcadia	TBA	TBA	TBA	TBA	Vans	
<b>Wednesday</b>	<b>4/12/23</b>	<b>Channel: Santa Barbara, Rio Mesa, Buena*</b>	<b>HOME</b>	<b>3:00 PM</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	
Saturday	4/15/23	Gordon Stewart F/S Invite	HOME	8:00 AM	-	-	-	-	
Friday	4/21/23	Ventura County Meet**	MHS: 4500 Tierra Rejada Rd	2:45 PM	11:00 AM	11:15 AM	10:00 PM	2	
<b>Thursday</b>	<b>4/27/23</b>	<b>League Finals**</b>	<b>Oxnard High School</b>	<b>2:00 PM</b>	<b>11:45 AM</b>	<b>12:00 PM</b>	<b>7:00 PM</b>	<b>2</b>	
Saturday	5/6/2023	CIF Prelims**	VHS: 2 N Catalina, Ventura						
Saturday	5/13/2023	CIF Finals**	MHS: 4500 Tierra Rejada Rd						
Saturday	5/20/2023	Masters Meet**	MHS: 4500 Tierra Rejada Rd						
Friday	5/26/2023	State Meet**	Buchanan HS, Clovis						
Saturday	5/27/2023	State Meet**	Buchanan HS, Clovis						

\* Channel League contest (in Bold)

\*\* Athletes must qualify Coach will notify student athlete if competing

PRJ TIME: The time students need to be at school to board the bus for their destination

BUS TIME: The time the bus will leave school for its destination

RTN TIME: The time the bus will return students to Buena or Ventura High School