



MONTGOMERY VIKINGS ATHLETICS

1250 Hahman Dr.

Santa Rosa, Ca 95405

Boys (707) 535-4686

Girls (707) 535-4673

2010 CROSS COUNTRY SCHEDULE

DAY	DATE	OPPONENT	LOCATION	MEET TIME	CLASS DISMISSAL
Friday	September 3	Rancho Invitational	Rancho Cotate	4:00 PM	2:15 PM
Wednesday	September 15	NBL/SCL Interlock (Practice)	TBD	4:00 PM	N/A
Saturday	September 18	Viking Opener	Spring Lake Park	9:00 AM	N/A
Wednesday	September 22	NBL/SCL Interlock (Practice)	Spring Lake Park	4:00 PM	2:30 PM
Saturday	September 25	Stanford Invitational*	Stanford (Varsity only)	1:30 PM	N/A
Wednesday	October 6	Newman, Ursuline and Rancho Cotate	Rancho Cotate	3:45 PM	2:00 PM
Saturday	October 9	Crystal Springs Invitational	Belmont	9:00 AM	N/A
Wednesday	October 13	Maria Carrillo	Maria Carrillo	3:45 PM	2:15 PM
Wednesday	October 20	Piner & Ukiah	Spring Lake (Vikings host)	3:45 PM	2:15 PM
Wednesday	October 27	Elsie and Santa Rosa	Spring Lake Park	3:45 PM	2:15 PM
Friday	November 7	NBL Championships	Ukiah	TBA	TBA
Saturday	November 20	NCS Meet of Champions	Hayward	TBA	N/A
Tuesday	November 23	Awards Banquet	MHS Cafeteria	6:00 PM	N/A
Saturday	November 27	CIF Championships	Fresno	TBA	N/A

COACHES

Head Coach:	Val Sell	707-481-5149
Assistant Coach:	John Staroba	707-577-2891
Athletic Director:	Dean Haskins	707-535-4686
Principal:	Laurie Fong	707-528-5512
School Colors:	Scarlet and Gray	

*Varsity only

ITALICS – LEAGUE MEETS

BOLD – MONTGOMERY HOSTS