



MONTGOMERY VIKINGS ATHLETICS

1250 Hahman Dr.
 Santa Rosa, Ca 95405
 Boys (707) 535-4686 Girls (707) 535-4673

2011 CROSS COUNTRY SCHEDULE

DAY	DATE	OPPONENT	LOCATION	MEET TIME	CLASS DISMISSAL
Friday	September 2	Rancho Invite	Rancho	4:00 PM	1:45 PM
Saturday	September 10	Ed Sias Invitational	Martinez	9:00 AM	N/A
Wednesday	September 14	Interlock Meet (Practice)	TBD	4:00 PM	TBD
Saturday	September 17	Viking Opener	Spring Lake Park	9:00 AM	N/A
Wednesday	September 21	Interlock Meet (Practice)	TBD	4:00 PM	TBD
<i>Wednesday</i>	<i>October 5</i>	<i>Elsie Allen and Cardinal Newman</i>	<i>Cardinal Newman</i>	<i>3:45 PM</i>	<i>2:00 PM</i>
Saturday	October 8	Crystal Springs Invitational	Belmont	9:00 AM	N/A
<i>Wednesday</i>	<i>October 12</i>	<i>Maria Carrillo & Piner</i>	<i>Foothill Park</i>	<i>3:45 PM</i>	<i>2:15 PM</i>
Wednesday	October 19	Rancho Cotate	Spring Lake (Vikings host)	3:45 PM	2:15 PM
<i>Wednesday</i>	<i>October 26</i>	<i>Ukiah and Santa Rosa</i>	<i>Ukiah</i>	<i>3:45 PM</i>	<i>1:00 PM</i>
<i>Friday</i>	<i>November 4</i>	<i>NBL Championships</i>	<i>Spring Lake</i>	<i>2:00 PM</i>	<i>12:30 PM</i>
Saturday	November 19	NCS Meet of Champions	Hayward	TBA	N/A
Saturday	November 26	CIF Championships	Fresno	TBA	N/A
Tuesday	November 29	Awards Banquet	MHS Cafeteria	6:00 PM	N/A

COACHES

Head Coach: Val Sell 707-481-5149
 Assistant Coach: Karen Frindell-Tuesher 707-293-3347
 Athletic Director: Dean Haskins 707-535-4686
 Principal: Laurie Fong 707-528-5512
 School Colors: Scarlet and Gray

ITALICS – LEAGUE MEETS

BOLD – MONTGOMERY HOSTS