



Montgomery Vikings Athletics

1250 Hahman Dr.
Santa Rosa, Ca 95405

Boys (707) 535-4686

Girls (707) 535-4673

2009 CROSS COUNTRY SCHEDULE

Practice begins on August 17

Day	Date	Opponent	Location	Meet Time	Class Dismissal	Depart School
Friday	September 4	Rancho Invitational	Rancho Cotate	4:00 PM	2:15 PM	2:30 PM
Wednesday	September 16	NBL/SCL Interlock (Practice)	TBD	4:00 PM	N/A	N/A
Saturday	September 19	Viking Opener	Spring Lake Park (MHS Host)	9:00 AM	N/A	N/A
Saturday	September 26	Stanford Invitational*	Stanford (Varsity only)	1:30 PM	N/A	9 AM
Wednesday	October 7	Ukiah	Ukiah	3:45 PM	1:15 PM	1:30 PM
Saturday	October 10	Clovis Invitational*	Fresno	TBA	TBA	TBA
Wednesday	October 14	Rancho Cotate & Elsie Allen	Spring Lake (MHS Host)	3:45 PM	2:15 PM	2:30 PM
Wednesday	October 21	Piner & Santa Rosa	Spring Lake (Santa Rosa host)	3:45 PM	2:15 PM	2:30 PM
Wednesday	October 28	Newman & Carrillo	Spring Lake (MHS Host)	3:45 PM	2:15 PM	2:30 PM
Friday	November 6	NBL Championships	Spring Lake (Santa Rosa host)	TBA	TBA	TBA
Saturday	November 21	NCS Meet of Champions	Hayward	TBA	N/A	N/A
Tuesday	November 24	Awards Banquet	MHS Cafeteria	6:30 PM	N/A	N/A
Saturday	November 27	CIF Championships	Fresno	TBA	N/A	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 – NON LEAGUE MEETS

BOLD – MONTGOMERY HOSTS

