

MCHS XC SPLIT-SQUAD ROSTERS FOR SATURDAY, SEPTEMBER 18TH, 2021 (Sept 4, 2021)

MEET #1) VIKING OPENER XC INVITE, HOSTED BY MONTGOMERY HIGH SCHOOL

Races at Spring Lake Regional Park, 5585 Newanga Ave, Santa Rosa, CA 95405
(race start/finish near boat ramp at Spring Lake Jack Rabbit Picnic Area)



Coaches in charge: Coach Leanne West, Coach Marion Maassen **IMPORTANT:** Please show-up at least 1 hour before race time, for adequate warm-ups/pick-up your race bibs; allow ~20 minutes for parking at Spring Lake)

Viking Opener Race Schedule/MCHS Race Rosters (36 total MCHS athletes):

- 7:30 - 8:30 a.m. Course open for walking
- 8:20 Coach Meeting
- 8:35 Frosh Boys (3): **Kapil D, Elliot E, Tony L**
- 9:00 Soph Boys (5): **Grant S, Gabe S, Deion M, Nick G, Gavin N**
- 9:20 Frosh/Soph Girls (5): **Katie C, Carley S, Natalie F, Lily C, Leyna G**
- 9:40 Alumni/Coaches Race (unlimited): **MCHS Alumni/Coaches TBD...**
- 10:05 Junior Boys (2): **Justin H, Rami N**
- 10:35 Junior/Senior Girls (1): **Sara R**
- 10:55 Open Girls (16): **Cate B, Amy C, Taylor C, Allie D, Grace G, Myrea H, Allison K, Reese K, Rachel L, Catherine L, Cielo M, Claire P, Allison P, Phoebe S, Abby T, Rikki V**
- 11:20 Senior Boys (1): **Jason P**
- 11:45 Open Boys (3): **Dominick C, Isaiah F, Henry T**
- 12:05 Open Boys #2 (only if needed)
- 12:30 Team Awards Presentation



MEET #2) WOODBRIDGE INVITE HOSTED BY WOODBRIDGE HIGH SCHOOL

Event Website: <http://gvarvas.com/>

Race Location: Silver Lakes Sports Park, 5555 Hamner Ave, Norco CA 92860

Coaches in Charge: Coach Greg Fogg, Coach John Moe



Woodbridge Race Schedule/MCHS Race Rosters (23 total MCHS athletes):

- 7:18 p.m. Varsity Girls-A Gold: **Nola M, Isabella M, Carmen J, Kira M, Emma H, Mia C, Brooke S**
- 8:06 p.m. Varsity Boys-A Gold: **Oswaldo R, Jack W, Sean G, Logan D, Benji C, Adam M, Jonathan D**
- 8:54 p.m. Varsity Girls Rated: **Ashley B, Vivien M, Rebekah T, Gracie T, Avery H, Brooke C, Ella C**
- 9:14 p.m. Varsity Boys Rated: **Jacob D, Noe V**

GO PUMAS!!!

For additional information, contact MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net
or check our team website for details: <https://mariacarrillorun.com/2021-xc-season/>