



**MCCHS XC 2021 ITENERARY (9/13/21)**  
**34<sup>th</sup> Annual Viking XC Opener, September 18<sup>th</sup>, 2021**  
 Hosted by Montgomery High School  
 Races at Spring Lake  
 Event Website: <http://www.vikingxc.com/>



**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 (707) 291-5168, Coach Marion Maassen (707) 486-1633

**IMPORTANT:** Please show-up at least 1 hour before race time, for adequate warm-ups/pick-up your race bibs; allow for a ~20-minute walk from parking lot to starting line/race area)

**LOCATION:** Spring Lake Regional Park, Santa Rosa (All coaches, athletes and parents are required to pay a \$7 parking fee at all park entrances or may enter for free with a Regional Parks Pass, best to park on Violetti entrance/less crowded)

**Viking Opener Race Schedule/MCHS Race Rosters (37 total MCHS athletes):**

- 7:30 - 8:30 a.m. Course open for walking (8:20 Coach Meeting)
- 8:35 Frosh Boys (4): **Kapil D, Elliot E, Tony L, Shravan S**
- 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, Anuja 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 (please try to stick-around for this!)

Course: All divisions, 2.0 miles, rolling hills on dirt trails and paved bike paths.

Scoring: All grade-level races, the top 3 finishers for each team make up the team score, 4th and 5th runners displace. Athletes may not "race-up" a division (ex. No Freshmen in the Junior race). Incomplete teams will be scratched from team scoring but those individuals will be eligible for awards.

Alumni Race: Team scoring as above. All runners teamed according to high school they attended or high school region (i.e. those from the same county, region, etc.). Wear your old school uniform if available! Registration now available online, please register in advance - register starting July 31.

Timing: Chip timing provided by Ford Timing, a Bay-Area based company.

Amenities: Snack bar, athletic taping, custom eventt-shirts and sportswear for sale.

Look for more information or updates to be published on our Team Website here: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

**GO PUMAS!!!**