



MCHS XC 2023 ITENERARY (9/14/23)
36 Annual Viking XC Opener, September 16th, 2023
Hosted by Montgomery High School
Event Website LINK: <http://www.vikingxc.com/>



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, Coach Jon Mallon, Coach Ruben DiRado, Coach John Staroba (a.k.a. "3")

MCHS ATHLETES, VERY IMPORTANT! Please show up at least 1 hour before your race time, for adequate warm-ups/time to pick-up your race bibs; please warm-up with your race teammates!

PARKING: 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, then allow for a 15-20 minute walk to starting line area)

COURSE: All divisions, 2.0 miles, rolling hills on dirt trails and paved bike paths (see course map on page #2)

SPONSORS: Saucony, Fleet Feet Sports, Empire Runners Club

TIMING: Chip timing provided by Ford Timing (LIVE RESULTS may be available here: <https://www.fordtiming.us/>)

AMENITIES: Snack bar, athletic taping, custom event t-shirts and sportswear for sale.

RACE SCHEDULE/MCHS RACE ROSTERS (37 total MCHS athletes):

7:30 - 8:30 AM	Course open for walking
8:20 AM	Coaches Meeting
8:35 AM	Frosh Boys (5) Chris G, Max G, Logan T, Dylan I, Ben K
9:00 AM	Soph Boys (5) Milo W, Ben T, Shay J, Dominic R, Ivan F
9:20 AM	Frosh/Soph Girls (5) Ashlin M, Quinne C, Joselyn T, Marian S, Sophie B
9:40 AM	Alumni/Coaches Race (unlimited)
10:05 AM	Junior Boys (2) Kapil D, Aston R
10:35 AM	Junior/Senior Girls (5) Mia C, Nola M, Natalie F, Anuja D, Cate B
10:55 AM	Open Girls (7) Ruby B, Myrea H, Abby T, Carlie T, Dalila C, Maya P, Maddy D, Rachel L, Savannah F
11:20 AM	Senior Boys (1) Isaiah F
11:45 AM	Open Boys (7) Magnus S, Elliott R, Jacobo E, Elliott T, Marlon O, Linden G, Keon T, Shengkai H
12:00 PM	Open Boys 2 (if needed, depending on entries)
12:20 PM	Team Awards Presentation

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.

AWARDS: Team Ribbons to each team member (max 5) on 1st thru 4th place teams in grade-level and open races. Individual: Medals to top 10 finishers & ribbons to finishers 11th through 20th in each division.

RESULTS: Results will be posted to www.athletic.net and www.redwoodempirerunning.com Past results are also available on these two sites.

Viking Opener 2.0 Mile Course:



Look for more information or updates to be published on our Team Website here: www.mariacarrillorun.com

GO PUMAS!!!