

2018 Season Schedule

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| Date | Day | Opponent | Location | Time |
| 8/13 | Mon. | First Day of Practice | MHS Track | 3:30 p.m. |
| 8/31 | Fri. | Rancho Cotate Invitational | Rancho Cotate | 4:00 p.m. |
| 9/4 | Tue. | Bob Shore Invitational  | Spring Lake Park | 3:45 p.m. |
| 9/8 | Sat.  | Lowell Invitational (Varsity) | Golden Gate Park | 9:00 a.m. |
| 9/15 | Sat. | Viking Opener Invitational | Spring Lake Park | 7:30 a.m. |
| 9/26 | Wed.  | Piner Invitational (JV) | Foothill Park | 3:45 p.m. |
| **9/28-9/30** | **Fri./Sat./Sun** | **TMU Invitational\* (Varsity)**  | **Santa Clarita, CA** | **8:00 a.m.** |
| 10/10 | Wed. | NBL League Meet #1 Monty, Maria Carillo vs. SR | Spring Lake Park (SR host) | 3:45 p.m. |
| 10/17 | Wed. | NBL League Meet #2Monty vs. Ukiah | Ukiah High School(Ukiah host) | 3:45 p.m. |
| 10/24 | Wed. | NBL League Meet #3Healdsburg vs. Monty | Spring Lake Park(Monty host) | 3:45 p.m. |
| 10/25 | Wed. | NBL League Meet #4Piner vs. Monty | Spring Lake Park(Monty host) | 3:45 p.m. |
| 11/3 | Sat. | Hoka Postal Invitational | Montgomery High School | 4:00 p.m. |
| 11/9 | Fri. | NBL Championships |  Ukiah High School  | TBA |
| 11/17 | Sat. | NCS Championships (Varsity) | Hayward High School | TBA |
| 11/24 | Sat. | CIF State Championships (Qualifiers) | Woodward Park Fresno, CA | TBA |

**2018 Coaching Staff**

**Head Coach:** Melody Karpinski 619-204-8266 melody@fleetfeetsantarosa.com

**Assistant Coaches:** Bryan Bradley, Josh Pine

**Athletic Director:** Dean Haskins 707-535-4686 dhaskins@srcs.k12.ca.us

**Principal:** Randy Burbank **Mascot:** Vikings **Colors:** Scarlet and Gray **Website:** vikingxc.com