

2019 Season Schedule (Tentative)

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| --- | --- | --- | --- | --- | --- | --- |
| Date | Day | Opponent | Location | Time | Early Release | Carpool Departure |
| 6/10 | Mon. | First Day of Summer Club | Annadel Park | 8:15 a.m. | n/a | n/a |
| 8/12 | Mon. | First Day of Practice | MHS Track | 3:30 p.m. | n/a | n/a |
| 8/23 | Fri. | Rancho Cotate Invitational | Rancho Cotate Track | 4:00 p.m. | 2:30 p.m. | 2:45 p.m. |
| 9/4 | Wed. | Bob Shore Invitational  | Spring Lake Park | 3:45 p.m. | 2:15 p.m. | 2:30 p.m. |
| 9/7 | Sat.  | Lowell Invitational (Varsity) | Golden Gate Park | 9:00 a.m. | n/a | n/a |
| **9/14** | **Sat.** | **Viking Opener Invitational** | **Spring Lake Park** | **7:00 a.m.** | **n/a** | **n/a** |
| 9/28 | Sat. | Eye Opener Invitational (JV) | Shollenberger Park | 8:30 a.m. | n/a | varies |
| *9/27-9/29* | *Fri./Sat./Sun* | *TMU Invitational\* (Varsity)*  | *Santa Clarita, CA* | *8:00 a.m.* | 9 a.m. FRI | 9:15 a.m. |
| 10/2 | Wed. | Piner Invitational (TBD) | Foothill Park  | 3:45 p.m. | 2:15 p.m. | 2:30 p.m. |
| 10/9 | Wed. | NBL League Meet #1 Monty, SR vs. Carillo | Spring Lake Park (Carillo host) | 3:45 p.m. | 2:15 p.m. | 2:30 p.m. |
| *10/12* | *Sat.* | *Clovis Invitational (VI-Only)\*\*\** | *Woodward Park* | *9 a.m.* | *10 a.m.* *FRI* | *n/a* |
| 10/16 | Wed. | NBL League Meet #2Ukiah vs. Monty | Spring Lake Park(Monty host) | 3:45 p.m. | 1:45 p.m. | 2:00 p.m. |
| *10/18* | *Fri.* | *Rough Rider Invitational (Varsity Invite Only)\*\*\** | *Woodward Park,**Fresno, CA* | *TBA* | *10 a.m.* *THU* | *n/a* |
| 10/23 | Wed. | NBL League Meet #3Monty vs. Healdsburg | TBD(HB host) | 3:45 p.m. | 2:00 p.m. | 2:15 p.m. |
| 10/25 | Wed. | NBL League Meet #4Monty vs. Piner | Foothill Park(Piner host) | 3:45 p.m. | 2:15 p.m. | 2:30 p.m. |
| **11/8** | **Fri.** | **NBL Championships** | **TBD** | **2:00 p.m.** | **TBD** | **TBD** |
| **11/16** | **Sat.**  | **Hoka Postal Championships\*\*** | **Montgomery** | **4:00 p.m.** | **TBD** | **TBD** |
| **11/23** | **Sat.** | **NCS Championships (Varsity)** | **Hayward High School** | **TBA** | **n/a** | **n/a** |
| **11/30** | **Sat.** | **CIF State Championships (Qualifiers)** | **Woodward Park** **Fresno, CA** | **TBA** | **TBD** | **TBD** |

*\*Travel varsity only meet \*\*May be canceled \*\*\*Varsity Invite only (Likely just team captains)*

**2019 Coaching Staff**

**Head Coach:** Melody Karpinski 619-204-8266 montgomeryvikingsxc@gmail.com

**Assistant Coaches:** Bryan Bradley 707-529-1375 **Athletic Director:** Dean Haskins 707-535-4686

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