

Put us on your schedule!

2005 Viking Track Classic

Hosted by: Montgomery High School

Date: Saturday, April 30

First Event: 9 a.m.

Last Event: About 4 p.m.

Site: Montgomery High School, Santa Rosa

Track/Timing: Brand-new all-weather surface;
automatic timing

Events: A full range of standard high school track events for varsity along with several events for frosh-soph boys and JV boys and girls.

Information: Meet schedule below. Call Meet Director Val Sell, 539-1085 or e-mail to Rn4zhills@sbcglobal.net if you would like to receive detailed entry information in March.

2005 Viking Track Classic

Schedule of Events and Meet Records

Event No.	Report Time	Start Time	Running Events	Meet Records
1	8:35	8:45	Open Men & Women 2-Mile	9:28.09, Hector Delgado, 2000; 12:37.06, Carrie Joseph, 1999
2	8:35	9:00	F/S Boys 4x100 Relay	45.90, Rancho Cotate, 1997
3	8:45	9:10	Varsity Girls 4x100 Relay	50.2, Rancho Cotate, 2001
4	8:55	9:20	Varsity Boys 4x100 Relay	43.15, Hayward, 2003
5	9:05	9:30	Open Boys 1600	4:43.4, Mike Zimmerman, College Park, 2003
6	9:25	9:50	Open Girls 1600	5:26.3, Christy Sweaney, Montgomery, 2001
7	9:45	10:10	F/S Boys 1600	4:28.8, Regan Masi, Montgomery, 2000
8	10:00	10:25	Varsity Girls 1600	4:50.5 Julia Stamps, Santa Rosa, 1996
9	10:15	10:40	Varsity Boys 1600	4:19.6, Dan Brecht, Petaluma, 1995
10	10:30	10:55	Varsity Girls 100 Hurdles	15.64, Nikki Henkels, Santa Rosa, 1995
11	10:50	11:15	Varsity Boys 110 Hurdles	14.45, Chucky Ryan, Elsie Allen, 1998
12	11:05	11:30	Open Boys 400	52.72, Ted Jenkins, Maria Carrillo, 2002
13	11:20	11:45	Open Girls 400	1:01.6, Ryana Smith, Hayward, 2002
14	11:35	12:00	F/S Boys 400	52.09, Sean Carey, Albany, 2002
15	11:45	12:10	Varsity Girls 400	55.65, Rose Criss, Analy, 1997
16	11:55	12:20	Varsity Boys 400	47.54, Corey Nelson, Rancho Cotate, 1995
17	12:05	12:30	Open Boys 100	11.85, Pat Salazar, De La Salle, 2003
18	12:25	12:50	Open Girls 100	13.13, Nicole Grant, Casa Grande, 1997
19	12:45	1:10	F/S Boys 100	11.30, Vernon Williams, Pittsburg, 1998
20	1:00	1:25	Varsity Girls 100	12.42, Tracy Webster, Analy, 2003
21	1:15	1:40	Varsity Boys 100	10.8, Darrell Jones, Novato, 2001
22	1:30	1:55	Varsity Girls 800	2:15.0, Julia Stamps, Santa Rosa, 1996
23	1:45	2:10	Varsity Boys 800	1:56.5, Regan Masi, Montgomery, 2003
24	2:00	2:25	Varsity Girls 300 Hurdles	45.73, Lisa O'Connor, Mission San Jose, 1999
25	2:15	2:40	Varsity Boys 300 Hurdles	38.20, Jason Andrews, Rancho Cotate, 1997
26	2:30	2:55	Varsity Girls 200	25.24, Kinyatta Leonhard, St. Vincents, 2002
27	2:45	3:10	Varsity Boys 200	21.24, Corey Nelson, Rancho Cotate, 1995
28	3:00	3:25	Varsity Girls 3200	10:14.6, Sara Bei, Montgomery, 2001
29	3:15	3:40	Varsity Boys 3200	9:20.85, Steve Laurie, Maria Carrillo, 1999
30	3:30	3:55	F/S Boys 4x400 Relay	3:38.56, Montgomery, 1993
31	3:40	4:05	Varsity Girls 4x400 Relay	4:06.5, Santa Rosa, 1992
32	3:50	4:15	Varsity Boys 4x400 Relay	3:28.0, Santa Rosa, 1990
Event No.	Report Time	Start Time	Field Events	Meet Records
33	8:30	9:00	Varsity Girls Shot Put	42-02, Coreen DeLosSantos, Ukiah, 1993
34	8:30	9:00	Varsity Boys Discus	169-11, Brian Chase, Cardinal Newman, 1996
35	8:30	9:00	Varsity Boys Long Jump	22-01.5, Scott Simpson, Vintage, 1999
36	8:30	9:00	Varsity Girls High Jump	5-10, Sara Caldwell, Piner, 2003
37	8:30	9:00	F/S Boys Pole Vault	11-06.25, David Klein, San Marin, 2000
38	10:45	11:00	Varsity Girls Long Jump	19-04, Amey Mitchell, Rancho Cotate, 1990
39	11:00	11:30	F/S Boys Shot Put	54-06.5, Brian Chase, Rincon Valley JH, 1994
40	11:00	11:30	Varsity Girls Discus	131-06, Tia DeSoto, Montgomery, 1999
41	10:45	11:15	Varsity Boys High Jump	6-10, Kevin Weaver, McKinleyville, 1999
42	11:00	11:30	Varsity Girls Pole Vault	11-00.5, Melissa Adams, Rancho Cotate 2002
43	12:45	1:00	Varsity Boys Triple Jump	45-03.25, Maurice White, Rancho Cotate, 2001
44	1:30	2:00	Varsity Boys Shot Put	59-01.5, Brian Chase, Cardinal Newman, 1996
45	1:30	2:00	F/S Boys Discus	137-07, Dane Krogstad, El Molino, 2001
46	1:30	2:00	Varsity Boys Pole Vault	15-04, Rene Loraine, Petaluma, 1995
47	2:30	2:45	Varsity Girls Triple Jump	36-09.5, Maggie Farrar, Petaluma, 2001