



# VIKING ATHLETICS

## 2019-2020 Vikings Cross Country

Coaches: Head-Miss Kristen Ostberg [kostberg@d15.org](mailto:kostberg@d15.org)

Assistant- Mrs. Tammy Batdorff [tbatdorff@d15.org](mailto:tbatdorff@d15.org)

<b>Date</b>	<b>Participants</b>	<b>Location</b>	<b>Start Time</b>
<b>September 4</b>	<b>McHenry Middle School</b> *Practice Meet	<b>McHenry Middle School</b> 2120 W Lincoln Rd, McHenry	<b>2:45</b>
<b>September 11</b>	<b>Parkland Middle School*</b> Johnsburg Junior High McHenry Middle School Big Hollow	<b>McHenry Middle School</b> 2120 W Lincoln Rd, McHenry	<b>4:00</b>
<b>September 16</b>	<b>Beardsley Middle School*</b> Marlowe Middle School Parkland Middle School	<b>Lippold Park</b> 851 IL-176, Crystal Lake, IL 60014	<b>4:00</b>
<b>September 18</b>	Bernotas Middle School <b>Creekside Middle School*</b> Heineman Middle School Parkland Middle School	<b>Emricson Park</b> 1313 Kishwaukee Valley Rd, Woodstock	<b>4:30</b>
<b>September 23</b>	<b>Lundahl Middle School*</b> Northwood Middle School Parkland Middle School	<b>Lundahl Middle School</b> 560 Nash Rd., Crystal Lake	<b>4:30</b>
<b>September 25</b>	Beardsley Middle School Bernotas Middle School <b>Marlowe Middle School*</b> Parkland Middle School Nippersink Middle School Northwood Middle School	<b>Marlowe Middle School</b> 9625 Haligus Rd, Lake in the Hills	<b>4:30</b>
<b>September 30</b>	<b>Cary Junior High*</b> Johnsburg Junior High Northwood Middle School Parkland Middle School	<b>Cary Junior High</b> 2109 Crystal Lake Rd, Cary	<b>4:30</b>

<b>October 2</b>	Cary Junior High Nippersink Middle School <b>Parkland Middle School*</b>	<b>McHenry Middle School</b> 2120 W Lincoln Rd, McHenry	<b>4:00</b>
<b>October 7</b>	<b>FVC Tournament</b>	<b>Emricson Park</b> 1313 Kishwaukee Valley Rd, Woodstock *Hosted by Creekside Middle School	<b>TBA</b>
<b>October 12</b>	<b>IESA Sectionals</b>	<b>TBA</b>	<b>TBA</b>
<b>October 19</b>	<b>IESA State**</b>	<b>Bloomington, IL</b>	<b>TBA</b>

**\*Host School**

**\*\*Parents are responsible for transportation to the state tournament.**

**Other Important Dates:**

*August 21- Practice starts-must have a 2019-2020 Athletic Permission Form completed on Skyward,  
and current physical on file*

*August 26 – Parent Meeting – 4:00*

*August 28 – \$75 Sports Fee Due to Mrs. Conklin*

*(No uniforms will be distributed until all fees are paid)*

*August 29-Concussion Baseline Testing during practice (optional)*

*September 18–Team Pictures*