

**GENEVA VIKINGS CROSS COUNTRY
GENEVA HIGH SCHOOL**

**Race Information for Friday August 19th
Kristoffer Larson Memorial Intra-Squad Meet**

Leroy Oaks Forest Preserve, Dean St., St. Charles

Provide your own transportation – Meet by the Nature Center by 5:30 pm and park there

Girls Red	Girls White	Girls Blue	Parents/Coaches/	Girls
7:00 pm	7:00 pm	7:00 pm	Alumni	Not
3.0 Miles	3.0 Miles	3.0 Miles	3.0 Miles	Competing
McDonnell	Larsen	Ehrhardt	C.Chadwell	McVey
Nusser	Christy	Belanger	M.McDonnell	Cahill
Neville	Dudman	Caskey	T.Kredell	McIlrath
Calabrese	Allon	Brolly		Moncrieff
Koskiewicz	Foley	Stolfe		Belzer
Geors	Ruane	Kelley		Trout
				Nowak
				Higgins
				Nitschke
				Mozden
				Zimny
				Gzreskowiak
				Thomson
Boys Red	Boys White	Boys Blue	Parents/Coaches/	Boys
7:30 pm	7:30 pm	7:30 pm	Alumni	Not
3.0 Miles	3.0 Miles	3.0 Miles	3.0 Miles	Competing
Rodgers	Kredell	Dau	S.Dutton	Dutton, Matt
Creger, S	Fogel	Slokenbergs	T.Caskey	Bach
Montgomery	Creger, D	Carr-Clennon		Cordogan
Hall, M	Tegge	Dutton, Mit		Hoskins
Cesarone	Davis	Fioresi		Evans
Thomson	Clancy	Beck		Kuehl
Moravec	DeMarco	Dewey		Legenski
Siegele	Palmquist	Hall, C		
Schwardt	Webster	Chaffee		
	Ryan	Caldwell		

Teams need to select a Team Leader and let Coach Thomson know

Directions: Leroy Oaks Forest Preserve, St. Charles

Randall Rd. north to Dean St. turn east (left, up hill) to Forest Preserve entrance on the right about $\frac{3}{4}$ of a mile. You can park by the Nature Center.

Following the races, we will cool down (1/2 the course) and stretch as a team.

We will need some parental help in running this meet so please feel free to volunteer.

Have Fun and try to dress in team colors! Don't forget the team breakfast at the Larsen's house on Saturday.

Everyone has done a great job in preparing for this, our first test. Best of luck and don't be afraid to test your limits. GO VIKINGS!

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." – Maurice Greene