

**GENEVA VIKINGS CROSS COUNTRY  
GENEVA HIGH SCHOOL**

**Race Information for Saturday September 8<sup>th</sup>  
Royal/Cadet XC Invitational, Marmion Academy, Aurora, IL**

**Bus leaves at 7:15 am – Arrive at GHS by 7:00 am**

**Directions:** 1000 Butterfield Rd, Aurora, IL.

Kirk Rd. or Rt. 25 South to Butterfield Rd. Turn right off Kirk road to the Marmion entrance or left off Rt. 25 to the Marmion entrance.

Those that are not competing and the F/S teams will load the buses and set up at the meet. Those not competing and the Varsity teams will take everything down after the races, load the buses and put everything away when we return to GHS.

| <b>Varsity Boys<br/>9:00 3.0 Miles</b> |          |            | <b>Varsity Girls<br/>9:40 3.0 Miles</b> |         |        |
|--|----------|------------|---|---------|--------|
| <b>Kredell</b>                         | Roeder   | Webster    | <b>McDonnell</b>                        | McVey   | Cahill |
| Calusinski                             | Thomson  | DeMarco, R | Larsen                                  | Zimny   | Stolfe |
| Slokenbergs                            | Walinder | Delescaut  | Hasty                                   | Mehren  | Nowak  |
| Cesarone                               | Beck     |            | Pratt                                   | Foley   |        |
| Palmquist                              | Olenek   |            | Belanger                                | Nikolic |        |
| <b>F/S Boys<br/>10:20 3.0 Miles</b>    |          |            | <b>F/S Girls<br/>11:05 3.0 Miles</b>    |         |        |
| <b>Coats</b>                           | Coronado | Kroeyr     | Stone                                   | Longo   |        |
| Keen                                   | Lehman   | Ratliff    | Ramirez                                 | Balc    |        |
| Archibald                              | Drexler  | Zimmerman  | <b>Laukaitis</b>                        |         |        |
| Caballero                              | Branstad | Wesely     |   |         |        |
| <b>Bold names = Group Leaders</b>      |          |            |   |         |        |

**Girls not competing:** Ryan

**Boys not competing:** Ahern, B. DeMarco, Chadwell

Awards Ceremony: after results from the F/S Girls race are complete

Team trophies: 1-3 for each race      Individual awards: 1-25 for each race

Let's have a GREAT day! After last week's rainout, you should be excited to race!

**"The winners in life think constantly in terms of I can, I will, and I am. Others, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do."**

*Dennis Waitley*

**"Mental toughness surfaces in how you respond when the going gets tough. When things are going the worst, will you bring your best?"**

*Jordan Hasay*