GENEVA VIKINGS CROSS COUNTRY
GENEVA HIGH SCHOOL

Race Information for Saturday September 15th
Peoria Notre Dame Invitational - Richard Spring Memorial

Arrive at GHS by 5:15 am - Buses will leave as soon as possible when everyone arrives

Directions: Rt. 47 south to Rt. 71, Rt. 71 south to I 80, I 80 west to I 39, I 39 south to Rt. 17, Rt. 17 west to Rt. 29, Rt. 29 south to Detweiller Park. Detweiller Park is on the west side of Rt. 29. There is parking north and south of the park.

This is about a 3 hour bus ride. You might want to bring a pillow or blanket so you can sleep on the ride there.

We will not be stopping on the way home for food. Please bring something to eat. Please do not eat on the buses. This is a bus company rule.

F/S Girls	Varsity Girls	Open Girls	Varsity Boys	F/S Boys	Open Boys
9:00	9:35	10:10	10:45	11:20	11:55
3.0 miles	3.0 miles	3.0 miles	3.0 miles	3.0 miles	3.0 miles
Stone	**McDonnell**	**Foley**	**Kredell**	Caballero	Walinder
Ramirez	Larsen	Mehren	Calusinski	Archibald	**Beck**
Laukaitis	Hasty	Nikolic	Slokenbergs	**Coats**	DeMarco, R
Longo	Pratt	Cahill	Cesarone	Keen	Olenek
Balc	Belanger	Nowak	Thomson	Coronado	Webster
	Zimny		Palmquist	Drexler	
	McVey			Branstad	
				Kroeyr	
				Wesely	
				Zimmerman	
				Ratliff	
				DeMarco, B	
		Bold = Group Leader			

There will not be an awards ceremony.

Girls not competing: Ryan

Boys not competing: Lehman, Ahern, Chadwell, Roeder, Delescaut

All boys' teams along with those not competing will load the buses at GHS and set up at the meet. All girls' teams along with those not competing will take everything down after the meet, load the buses and put everything away at GHS.

Those that provided notes to ride home with their parents may not leave until the conclusion of the meet and after the bus has been loaded. Please sign out with a coach prior to leaving.

Remember to choose your battles and make your workouts count. The payoff will come!

It's not the hours you put in . . . . It's what you put into the hours

You can't make positive gains by doing less

Our greatest glory is not in never failing but in rising up every time we fail.