## **GENEVA VIKINGS CROSS COUNTRY** Boys home @ Burgess Field against Glenbard North Girls away @ Camera Park against Glenbard North

Click <u>HERE</u> for the Glenbard North Camera Park course map.

*Competing teams: Geneva vs Glenbard North* 

Bus time: Girls Bus leaves at 3:05 – Please arrive 10 min earlier to check in. Boys meet at the track at 3:20

Spectators: Spectators will be allowed at each location, but all COVID protocols must be followed. 1. Everyone must wear a mask

2. Spectators are only permitted on the path to the east of the competition area. Spectators should not be on any grassy areas or in team headquarters.

3. Non-family members must maintain 6' social distance, 30' from spectators from other schools' spectators and athletes, and 30' from the course.

4. Spectators should arrive no earlier than 10 minutes before the race and leave ASAP afterwards.

5. Spectators who travel to Glenbard North must <u>REGISTER AT THIS LINK</u> for contact tracing purposes.

Girls' Race	Boys' "A" Race	Boys' "B" Race
4:30pm	4:30pm	5:00pm
2.88 or 2 miles**	3 miles	3 or 2 miles**
Becca Spezzano	Colin Opdyke	Tyler Silverman
Kelsey Olson	Skylar Simon	Noah Fay
Lauren Verdecchia	Evan Kirby	Quinlan Bobeczko
Lila Storaasli	Nathan Branstad	Landon Zimny
Sophie Coronado	Adam Drexler	Jack Riviere
Julie Ori	Josh Branstad	Jackson Avery
Grace Caskey	John D'Andrea	Ben Lutzlow
Andrea Ramirez	Caleb Walton	Cameron Lotspeich
Piper Rapinchuck	Owen Kroeyr	Nathan Beck
Corine Stanuch	Tyler Gross	Charlie Faith
Alondra Mathena	Andrew Warcup	James Mosciano
Claire Jennings	Gabriel Hubbartt	Matt Ratliff
Chloe Daly	Brady Stoermer	Thor Eysturlid
		Cameron Myatt
	Ni l	Ben DeMarco

Bold names – Group Leaders \*\* There will be an option for a 2 mile race instead of 3 for those in these races Non runners: Girls: Elise Waldchen

Boys: Nathan Lehman, Logan Keen, Jack Kuehl, Anthony Graske, Luke Cerwin, and Wyatt Gross

This is our race marks our first with a different team for competition, and it will be exciting to have some different runners to compete against. Please note that boys and girls are competing at different sites. Each site will have an option for a 2 mile race instead of racing 3 miles. We must declare which athletes will only run 2 miles at the beginning of the race. Coaches will discuss with the athletes this week to decide who will run what distance. Please continue to plan and prepare to optimize your race efforts. You all now have one race under your belts and can make the adjustments necessary to improve. You should warm-up and cool-down with your race group. Plan again for some warm weather on Friday and bring plenty of water for before and after the race.

Run HAPPY! Coach Raak