GENEVA VIKINGS CROSS COUNTRY
Girls and Boys @ Camera Park

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

Competing teams: Geneva, Glenbard North, Lake Park, and St. Charles East.

Bus time: Girls: Bus leaves at 3pm after school
                 Boys: Bus leaves at 3:45 after school

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' Race
4:30pm	5:30pm
2.88 miles	2.88 miles
Lauren Hasty	Ben Calusinski
Lily Ryan	Brady Ahern
Mckenna Mertes	**Isaiah Roeder**
Sarah Hahn	Colby Coronado
Julianna Longo	Adam Coats
Tessa Balc	Anthony Ross
Agnes Bolender	David Roeder
	Jacob Caballero

Bold names – Group Leaders

I know we are all excited for our first official meet of the season. After training together these past few weeks, we are ready to see how we stack up against some conference competition. Even with different competition, be sure to go into this race with a game plan, discuss with your teammates, and to run your own race. Aside from a time and place, think about what else you want to accomplish or try out this race. These early races should be spent getting back into race mode and gaining experience as to works best for your races later in the season. We should also be sure to make the most of every race, every opportunity we have this season. Carpe Cursus!

Please note the different bus times for the girls and boys, and each team should also plan to leave soon after their cooldown.

Run HAPPY!

Coach Raak