

Geneva High School  
 2022 Girls Cross Country  
 IHSA 3A Regionals hosted by Saint Charles East  
 Saturday, October 22, 2022

Attendance: 11:15am Bus: 11:30am

\*Location: Northwestern Medicine Cross Country Course  
 1996 S. Kirk Road, Geneva

\*Race Schedule: Varsity Girls (7 runners): 1:00pm  
 Varsity Boys (7 runners): 2:00pm



Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	6:41	7:36	7:42	21:59.2
Borter, Sofia	6:05	6:43	6:46	19:34.9
Lechtenberg, Lucina	6:29	7:36	7:09	22:14.0
Mertes, Mckenna	6:16	7:25	7:24	21:05.1
Peahl, Taylor	6:27	7:04	7:23	20:54.8
Spezzano, Becca	6:30	7:47	7:59	22:16.5
Storaasli, Lila	6:41	7:27	7:23	21:31.9

Alternates: Drexler, Stanuch, Verdecchia

*"The gun goes off and everything changes...*

*the world changes...*

*and nothing else really matters."*

*- Patti Sue Plummer,*

*really fast female runner from the early '90s*

Teams Competing: Bartlett, Geneva, Glenbard North, Lake Park, Saint Charles East, Saint Charles North, South Elgin, Streamwood, West Chicago, Wheaton North, Wheaton Warrenville South

Team Awards: 1<sup>st</sup> place plaque  
 The first 6 placing teams advance to the Sectional meet.  
 The first 5 individuals not on a qualifying team also advance.  
 Top 8 finishers automatically advance.

Individual Awards: Top 5 medal

Spectator Admission: \$3 for adults, \$1 for students (that do not take the bus), and children under 14 are free.  
 Please park behind the ice arena or Kane County Cougars lots B or C.

Important Dates for the Post-Season!!!!

Uplifting and Encouraging Head of Operations: Jennings  
 Super Fans: Everybody! Cheer loud and be proud to be a Viking!

Saturday, October 29, 11:00am:

Sectionals at Lake Park! Attendance at 10:45, bus leaves at 11:00. ALL athletes are expected to attend.

Girls' race is at 1pm. Boys' race is at 2pm.

The first 7 placing teams advance to the State meet. / The first 10 individuals not on qualifying teams also advance.

Saturday, November 5, TBA:

State at Detweiller Park in Peoria, IL!

Monday, November 7, ASAP after school:

Mandatory post-season meeting for ALL athletes.

Turn in your warm-up jacket, backpack, and lock. Clean out your lockers. Hand out PR buttons from State.

### Poetry in the Post-Season

#### *To my Lady Vikings for Regionals*

by Coach Morrison

**Trust in your training**

**"Be curious" to see "what would happen if..."**

**You pushed your second mile pace instead of slowing or simply maintaining**

**Saturday is not so much about time; it's ALL about PLACE**

**How many girls can you catch?**

**Pack it up, be competitive, be too proud to lose, push the pace**

**The coaches and I are so proud of all the work you've put in  
Long runs, So. Many. 400s, lifting weights, and all the crabwalks  
Advancing to Sectionals AS A TEAM is our win**

**Claire Jennings would tell you, "Go out and slay!"**

**That's not really my style, so instead I'll say,**

**GO VIKINGS!**