

GENEVA VIKINGS CROSS COUNTRY

GENEVA HIGH SCHOOL

Race Information for Saturday September 12th – Wauconda CC Invitational

Lakewood Forest Preserve, Route 176 and Fairfield Rd., Wauconda, IL

Directions: Rt 59 north into Wauconda. Exit right onto W. Liberty St/IL-176. Take IL- 176 through town to Lakewood Forest Preserve. Turn right into the Forest Preserve on N. Forest Preserve Rd. If you get to the light at Fairfield Rd., you went too far. There should be someone to direct you where to park. You will not be able to park near the starting area in the forest preserve.

Buses leave GHS at 6:00 am, be at GHS by 5:45 am

The schedule of races begins at 8:30. The times listed for all the races are only a guide. Each race can start at the conclusion of the previous race.

| Freshman Boys | F/S Girls | F/S Boys | Varsity Girls | Varsity Boys | Open Boys | Open Girls |
|---|---------------|-------------------|-----------------|---------------|-----------------|-----------------|
| 8:30 | 9:00 am | 9:30 am | 10:00 am | 10:30 am | 11:00 am | 11:30 am |
| 3.0 Miles | 3.0 Miles | 3.0 Miles | 3.0 Miles | 3.0 Miles | 3.0 Miles | 3.0 Miles |
| Webster | Nikolic | Rodgers | Altmayer | Dau | Creger, Scott | Thomson |
| Ralston | Belzer | Kredell | McDonnell | Caskey | Anderson | Dudman |
| | Zimny | Montgomery | Belanger | Desens | Kuehl | McQueeny |
| | Capatan | Cordogan | Christy | Tracey | Creger, D | Neville |
| | Trout | Carr-Clennon | McSpadden | Andrews | Doyle | Higgins |
| | Stolfe | Bach | Nowak | Evans | Siegele | Andersen |
| | McIlrath | Clancy | Caskey | Creger, Steve | Dutton | Happold |
| | Mackowski | Fogel | | | Gonnerman | Allon |
| | Cahill | Hall | | | Ryan | Laduzinsky |
| | Ruane | Fioresi | | | Reed | Donohue |
| | Kobleur | Hoskins | | | Glyzewski | Carbray |
| | | | | | Shaughnessy | Koskiewicz |
| | | | | | Chaffee | Clohecy |
| | | | | | | |
| | | | | | | |
| Bold names are group leaders – Teams should be at the start line 15 minutes before the race start time | | | | | | |

Girls not competing: Laserna, Mehren, McCormick, Ehrhardt, Nusser, C Nowak, Mozden, Clancy

Boys not competing: Novy, Costabilo, Saxsma, Veloz, Brennan, Moravec

Varsity Boys, Girls & Boys Open teams will load the bus at GHS with the tents and supplies and set everything up at the meet. Boys Fr, Girls and Boys F/S, and Girls Varsity will take everything down, load the bus and put everything away at GHS. **Everyone not competing will help before and after the meet including getting splits, etc.**

The award ceremony will start at approximately 12:00 or after all the races have concluded. Awards in only the varsity races will take place at the ceremony. All other awards will be given to the coaches to distribute.

Meet T-shirts are usually sold at invitational meets. Bring \$\$ if they are available and you'd like to purchase one.

Remember that our handbook states that you are expected to ride the bus to and from the meet unless other arrangements were made 7 days prior to the meet.

Remember to wait at the finish line for all of your teammates that ran with you in your race before heading back to the team tent.

"The winners in life think constantly in terms of I can, I will, and I am. Losers, 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