

GENEVA VIKINGS CROSS COUNTRY
IHSA Regional hosted by St. Charles East – Saturday, Oct 23rd
Northwestern Medicine XC Course at Settler's Hill
Bus leaves at 7:15. Check in at 7:05

Competing teams: Geneva (Box 10), Bartlett, Glenbard North, Lake Park, South Elgin, St. Charles East, St. Charles North, Streamwood, West Chicago, Wheaton North, and Wheaton Warrenville South.

*Awards: Team: 1st place plaque for Boys' and Girls' Varsity
 Individual: 1-5 medals*

Advancing to Sectionals – Top 6 teams and Top 5 individuals not on an advancing team.

Spectators: Please park in the Kane County Cougars parking lot A. There's no charge to parking. Spectators are then asked to walk to the west end of Cherry Ln and enter the course through the gate and walk up a gravel path to the start/finish area.

Girls' Varsity	Boys' Varsity	Alternates	
9:00 am	10:00 am		
3 miles	3 miles	Girls	Boys
Mckenna Mertes	Nathan Lehman	Corinne Stanuch	Luke Cerwin
Lily Ryan	Anthony Ross	Elise Waldchen	Dominic Ross
Agnes Bolender	Andrew Warcup	Kelsey Olson	Caleb Walton
Becca Spezzano	Jack Kuehl		Adam Drexler
Lauren Verdecchia	David Roeder		Brady Stoermer
Julianna Longo	Julian Hipp		Noah Fay
Lila Storaasli	Evan Kirby		Luke Gaston
			Jackson Avery
			Owen Kroeyr

Bold names – Group Leader

This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys, and racing a challenging but familiar course at Settler's Hill. Things are lining up for a great meet to test ourselves against some good regional competition. The Tri-City schools are the key ones here to compete against, and we have just seen them at the DuKane Conference meet. We have continued to improve as individuals and as a team this season, and this is our next chance for growth. Let's make sure to have the right mindset to compete hard and give it our best. While PR's are nice, this race is all about place and lowering the team score. We need to focus on competing against and beating the individuals on other teams. Every point matters! Let's all remember that although we might be nervous before the race that the race is the release of all this energy. Turn that nervous energy into excitement.

For those not competing, let's be sure to encourage and support our teammates who are. Let's be spirited and bring some positive energy to the event. When the races are going on, our team tent should be empty, and we should all be out on the course cheering like crazy for our teammates. We all know that a little encouragement during a race goes a long way. Let's also make sure that we allow those who are competing the space they need to get ready and to not be a distraction.

Compete Hard and Run Happy!

Coach Raak