

GENEVA VIKINGS CROSS COUNTRY
IHSA Sectional hosted by Lake Park HS – Saturday, October 30th
Lake Park HS East Campus – Roselle, IL
Bus leaves at 7:45. Check in at 7:35

Competing teams: Geneva, Bartlett, DeKalb, Elk Grove, Elgin, Glenbard East, Glenbard North, Glenbard West, Harlem, Hampshire, Huntley, Larkin, Maine South, South Elgin, St. Charles East, St. Charles North, Huntley, Rockton Hononegah, Rockford Auburn, Rockford Guilford, Wheaton North, Wheaton Warrenville South, and York

*Awards: Team: 1st place plaque for Boys' and Girls' Varsity
Individual: 1-10 medals*

Advancing to State – Top 7 teams and Top 10 individuals not on an advancing team.

Spectators: Park at Jubilee Church just West of the campus.

Girls' Varsity	Boys' Varsity	Alternates
10:00 am	11:00 am	
3 miles	3 miles	
Mckenna Mertes	Nathan Lehman	Luke Cerwin
	Anthony Ross	Dominic Ross
	Andrew Warcup	Caleb Walton
	Jack Kuehl	Adam Drexler
	David Roeder	Brady Stoermer
	Julian Hipp	Noah Fay
	Evan Kirby	Luke Gaston
		Jackson Avery
		Owen Kroeyr

Bold names – Group Leader

Sectionals is here, and we are ready! You all have worked hard and dedicated yourselves to perform your best at this meet. I am so proud all that you have accomplished and how far you all have come this season, and we still have another step to go. We know the course well, and we are wearing the renowned white jerseys. You are all mentally strong warriors, and ready to push yourself to the max, as you remember that **It's All In The STATE of Mind.**

For the alternates not competing, you have done a wonderful job continuing to train, gaining experience, and keeping practice normal for those who are still competing. It's been great to see each of you continue to support your teammates and play a vital role in these past few weeks of the season. This is what being part of a team is all about.

Dress properly again for a cold morning with soggy ground likely on Saturday. Although by race time, I think it will be pretty darn perfect running weather again.

Run Fast, Run Strong, and of course...Run Happy!

Coach Raak