

GENEVA VIKINGS CROSS COUNTRY

Settler's Hill near the Ice Arena and Kane County Cougars Stadium
Bus leaves at 7:00am. Attendance will be taken at 6:55am

Parents, please park in the Kane County Cougars parking area off of Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing. Although spectators are free, they are asking for \$3 and \$1 donations to help maintain the course.

Competing teams: Geneva, Batavia, Barrington (G), Bartlett, Bennett Academy (G), Crystal Lake Prairie Ridge, Downers Grove North (B), Glenbard North (B), Huntley, Jacobs, Marmion (B), Rosary (G), St. Charles East, St. Charles North, Waubonsie Valley, Wheaton North (G), and York (G).

We are in starting Box 22
Top 10 medals and ribbons 11-15

Boys' Open	Boys' F/S	Boys' F/S contd.	Boys' Varsity
8:30 am	9:00 am	9:00 am	10:00 am
2.4 miles	3 miles	3 miles	3 miles
Ben Lutzow	Dominic Ross	Chris Davis	Andrew Warcup
James Mosciano	Julian Hipp	Mack Biesk	Anthony Ross
Noah Fay	Noah Martin	Jackson Fuhrman	David Roeder
Wyatt Gross	Luke Gaston??	Brandon Schmidt??	Jack Kuehl
Charles Hatton	Ryan Kelly	Brandon Beck	Evan Kirby
Nathan Beck	Aidan Cook	Marco Van Rensburg	Jackson Avery
Quentin Yung	Patrick Waldchen	Alex Falco	Jack Riviere
	Drew Hosman	Ryan Welsh	Caleb Walton
	Dominic Savarese	Jackson Prindiville	Cam Lotspeich??
	Tre McClose	Josh Avery	Owen Reid
	Dom Stolarik	Gaspar Estrada-Bravo	
	Matt Ortiz		
	Lucas Oldham		

Bold names – Group Leader – As a group leader, you have the responsibility of organizing everyone in your group for the warmup and cooldown. You
Boys not competing –

Boys, this is our first invitational of the season and time to put all that training to the test. You have all done a great job preparing yourselves for this moment. Think of all you have done to prepare for this moment. Know that there will be challenges during the race, but nothing you haven't prepared for with your runs this season. Embrace the excitement know that a race brings the best out of you.

Go into the race with a plan, be smart, and be patient early on. It's easy to get caught up with all the excitement of the race and go out too fast. Remember you should feel pretty good at the mile mark, SMILE at the MILE! Remember that the 2nd half of our race is our time. This is when we move up in the race and run people down.

Also, remember that you are not alone on the racecourse. You have a team of brothers out there with you. Work with each other. Talk with and support each other. Cheer for each other.

If you race smart and run happy, you will run fast!

- Coach Raak