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

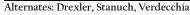
1996 S. Kirk Road, Geneva

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

Varsity Boys (7 runners): 2:00pm



	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





'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: 1st 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. <u>ALL athletes are expected to attend</u>.

Girls' race is at lpm. 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!