

# **GENEVA VIKINGS CROSS COUNTRY**

**St. Charles North North Star Invitational – Saturday, Sept. 30<sup>th</sup>**

**LeRoy Oakes, St. Charles, IL off Dean St.**

**Bus leaves at 8:15 am – Plan to arrive at 8:10**

*Teams Competing: Geneva, Addison Trail, Aurora Christian, Bartlett, Batavia, Belvidere North, Cary Grove, Glenbard North, Grant, Highland Park, Huntley, Jacobs, Jones College Prep, Lyons, Marmion, Metea Valley, Naperville Central, Prairie Ridge, Rockford Auburn, Sandburg, South Elgin, St. Charles East, St. Charles North, Streamwood, Waubonsie Valley, West Aurora, and WWS.*

*Team Awards: Varsity – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>*

*F/S – 1<sup>st</sup> and 2<sup>nd</sup>*

*Open 1<sup>st</sup> only.*

*Individual Awards: Varsity 1<sup>st</sup> – 25<sup>th</sup> Medals*

*F/S and Open 1<sup>st</sup> – 10<sup>th</sup> medals 11<sup>th</sup> – 25<sup>th</sup> ribbons.*

Boys' Varsity	Boys' F/S	Boys' Open
9:30 am	10:30 am	11:30 am
3 miles	3 miles	3 miles
	Mack Biesk	Drew Hosman
	Ian DeGuzman	Dominic Savarese
	<b>Marco Van Rensburg</b>	Ernie Bebe
	Kyle Heller	Brandon Schmidt
	Thomas Owens	Lucas Oldham
	James Pittan	<b>Jackson Avery</b>
	Jake Stanuch	Owen Reid
		Matt Ortiz
		<b>Nathan Beck</b>
		Alex Falco
		Matt Salzman
		Quentin Yung

## **Group Leader -**

Boys not competing – Julian Hipp, Luke Gason, Dom Ross, Noah Martin, Cam Lotspeich, Wyatt Gross, Jack Riviere, Aidan Cook, Chris Davis, Tre McClose, Patrick Waldchen, Jackson Prindiville, Beckett Tucker

We've had another great week of training with speedwork on the track. So proud to see all of you take ownership of your training and get after it in the workout. You have all worked so hard physically and are mentally prepared for a great race. The early fall scenery will make for a great backdrop at LeRoy Oakes and there will be a lot of great teams to compete against. LeRoy is one of my favorite courses, and it will provide some terrain challenges that we're ready for.

You have all come a long way so far this season, and we still have some of the biggest races to go.

Run smart, run strong, run fast, and run happy!

- Coach Raak

