

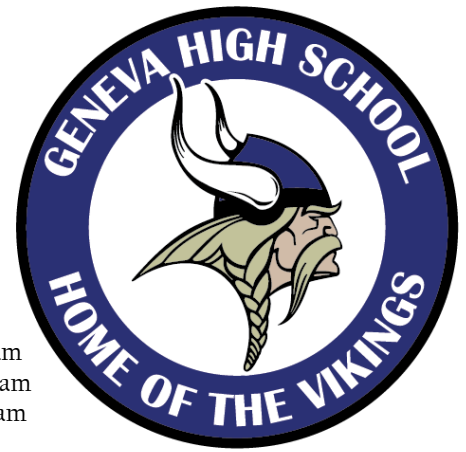
Geneva High School
 2023 Girls Cross Country
 DuKane Conference CC Championships
 Saturday, October 14, 2023

Attendance: 7:15am Bus: 7:30am

*Location: Lake Park High School
 600 S. Medinah Road, Roselle

*Race Schedule: Open Boys (unlimited): 9:00am
 Box 5 Varsity Boys (7 runners): 10:00am
 F/S Boys (unlimited): 11:00am

Open Girls (unlimited): 9:30am
 Varsity Girls (7 runners): 10:30am
 F/S Girls (unlimited): 11:30am



Open Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes				
Bradley, Mia				
Chadwell, Anna				
Cielo, Alana				
Cilio, Caitlyn				
Keller, Anna				
Rudigier, Rachael				
Stanuch, Corinne				

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Borter, Sofia				
Lechtenberg, Lucina				
Meyers, Mira				
Peahl, Taylor				
Storaasli, Lila				
Verdecchia, Lauren				
Whiston, Juliet				

F/S Girls

F/S (unlimited)	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia				
Chrusciel, Lucy				
Drexler, Gretchen				
Hocevar, Elise				
Hoffman, Ella				
Petrucci, Mia				
Pohlman, Olivia				
Reid, Emma				
Reynolds, Talía				
Rios, Emmi				
Rogus, Nina				
Rosebrook, Audrey				
Ulijasz, Raina				

Let's just say it and be done with it.

Racing hurts.

But here's another truth: having put in the effort to prepare for a race and then not giving it your all hurts even more. The first kind of hurt goes away in hours or a day. The second kind of hurt can last a lifetime.

~Lawrence Shapiro

Majestic and Awe-Inspiring Team Executive: Coronado

Teams Competing: Batavia, Geneva, Glenbard North, Lake Park, Saint Charles East, Saint Charles North, Wheaton North, Wheaton Warrenville South

Team Awards: Plaques for first place

Individual Awards: 1-15 medal at the Varsity level
1-15 ribbon at the F/S and Open levels

Important Dates for the Post-Season!!!!

Monday, October 16, ASAP after school:

Mandatory practice for everyone. We will hand out PR buttons from Conference and athletes not in the post season varsity squad will turn in warm-up jackets, backpacks, clean out lockers, turn in locks, etc. Plan on needing to find a ride home.

Post season varsity squad will have practice.

Saturday, October 21, Bus TBD (probably 8:15am or so):

Regionals at Settler's Hill! **ALL athletes are expected to attend to support their varsity squad.**

Girls' varsity race is at 10am, boys' race to follow.

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.

Saturday, October 28, Bus TBD (probably 10:45am or so):

Sectionals at Lake Park! **ALL athletes are expected to attend.**

Girls' race is at 1pm. 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 4:

STATE at Detweiller Park in Peoria! Attendance, race times, etc. TBA.

Monday, November 6, ASAP after school:

Mandatory equipment check-in for all post-season varsity athletes

End of Season Awards Dinner and Banquet: To Be Announced