

Geneva High School
 2023 Girls Cross Country
 IHSA 3A Regionals hosted by Saint Charles East
 Saturday, October 21, 2023

Attendance: 8:00am Bus: 8:15am

*Location: Settler's Hill
 Northwestern Medicine Cross Country Course
 1996 S. Kirk Road, Geneva

*Race Schedule: Varsity Girls (7 runners): 10:00am
 Varsity Boys (7 runners): 11:00am
 Awards Ceremony: 11:45am



Varsity Girls

	Overall
Sofia Borter	18:13.90
Gretchen Drexler	21:48.10
Lucina Lechtenberg	20:45.00
Taylor Peahl	20:18.70
Rachael Rudigier	22:11.80
Raina Ulijasz	21:21.40
Juliet Whiston	21:48.30

**To give anything less
 than your best
 is to sacrifice the gift.
 ~Steve Prefontaine**

Alternates: Bellino, Meyers, Storaasli, Verdecchia

6th place of 12 teams, 161 points: Qualified for Sectionals by beating Lake Park by one point!

Teams Competing: Addison Trail, Bartlett, Batavia, Geneva, Glenbard North, Lake Park, Leyden, Saint Charles East, Saint Charles North, West Chicago, Wheaton North, Wheaton Warrenville South

Team Awards: 1st place plaque
 The first 6 placing teams advance to the Sectional meet.

Individual Awards: Top 5 medal
 The first 5 individuals not on a qualifying team advance to the Sectional meet.
 Top 8 finishers automatically advance.

Spectator Admission: \$3 for adults, \$1 for students (that do not take the bus), and children under 14 are free.
 There is a carnival in town, so you must park in Lot A (instead of Lots B and C like last year).

Important Dates for the Post-Season!!!!

Saturday, October 28, 10:45am:

Sectionals at Lake Park! Attendance at 10:45, bus leaves at 11:00. 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, TBA:

State at Detweiller Park in Peoria, IL!

Monday, November 6, ASAP after school:

Mandatory post-season meeting for all post season athletes.

Turn in your warm-up jacket, backpack, and lock. Clean out your lockers. Hand out PR buttons from State.

Tuesday, November 7, 6:00pm:

Co-ed end of season dinner and awards ceremony for ALL cross country athletes.