

# **GENEVA VIKINGS CROSS COUNTRY**

**St. Charles North North Star Invitational**

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

**Bus leaves at 8:15 am – Plan to arrive at 8:05**

*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' F/S	Boys' Open
9:30 am	10:30 am	10:30 am	11:30 am
3 miles	3 miles	3 miles	3 miles
	Griffin Poterek	<b>Jonah Lotz</b>	Brandon Schmidt
	Kurt Borter	James Pittan	Alex Falco
	Connor McInerney	Jack Dempsey	Matt Salzman
	Matt Bultmann	Will Lange	Thomas Owens
	<b>Noah Yung</b>	<b>Kyle Heller</b>	<b>Tre McClose</b>
	Gabe Ochsenschlager	Max Evans	Gaspar Estrada-Bravo
	Liam Dwyer	Eli Bebe	<b>Matt Ortiz</b>
	Dylan Edling	Jasper Huynh	John Moravek
	Levi Tucker	Jake Stanuch	
	<b>Beckett Tucker</b>	Logan Vogt	
		Amari Woods	
		Nathan Mathias	
		Aidan Mandel	

Boys not competing – Ian DeGuzman, Dominic Ross, Ernie Bebe, Noah Martin, Mack Biesk, Drew Hosman, Dominic Savarese, Jack Hagge

Boys not attending – Julian Hipp (SAT), Aidan Cool (SAT), Luke Gaston (SAT)

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. There will be a big hill to conquer twice. Be mentally prepared to tackle this obstacle. Given the challenges of the course, let's focus more on place and other strategic goals not connected to a time. Because of this, I want you to race without watches! Free yourself from the shackles of time and race by feel!

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

