

Geneva High School
 2024 Girls Cross Country
 IHSA 3A Regionals hosted by Glenbard West
 Saturday, October 26, 2024
 Attendance: 8:00am Bus: 8:15am
 *Location: Camera Park
 101 Fullerton Avenue, Glendale Heights



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

Varsity Girls

		Mile 1	Mile 2	.88 chunklet	Overall
Borter	Sofia	6:03	6:24	5:35.72	18:02.72
Drexler	Gretchen	6:13	7:24	6:35.66	20:12.66
Guess	Alexis	6:08	7:00	5:50.47	18:58.47
Lechtenberg	Lucina	6:14	7:04	6:32.82	19:50.82
Meyers	Mira	6:09	7:03	6:12.57	19:24.57
Peahl	Taylor	6:08	6:32	6:13.96	18:53.96
Pohlman	Olivia	6:24	7:04	6:24.16	19:52.16

Alternates: Chrusciel, Hocesvar, Storaasli, Whiston

Teams Competing: Addison Trail, Bartlett, Elgin, Geneva, Glenbard North, Glenbard West, Lake Park, 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.

FEELING CONFIDENT IS A STATE OF BEING, AN INNER SPIRITUAL FEELING ABOUT WHO YOU ARE AND HOW YOU ARE CAPABLE TO PERFORMING.

A TAOATHLETE ' S CONFIDENCE IS NOT TIED TO VICTORY OR OUTCOME.

IT IS AN INNER KNOWING THAT YOU WILL PLAY UP TO YOUR CAPABILITY, PHYSICALLY, MENTALLY, AND EMOTIONALLY.

IT IS A POSITIVE ATTITUDE, AN ESSENTIAL STATE OF BEING IN THE MOMENT.

-JERRY LYNCH

Important Dates for the Post-Season!!!!

Saturday, November 2, 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 9:

State at Detweiller Park in Peoria, IL

Monday, November 11, 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.

Thursday, November 14, 6:00pm:

End of season dinner and awards ceremony for ALL cross country athletes.