

GENEVA VIKINGS CROSS COUNTRY

Settler's Hill near the Ice Arena and Kane County Cougars Stadium
Bus leaves at 6:30am. Attendance will be taken at 6:20am

Parents, please park in the Kane County Cougars parking area B and C off Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing.

Admission - \$4 for adults \$1 for kids. You can pay with an E-Ticket early for \$3 at this site below.

<https://www.chicagotrack.org/>

Competing teams: Geneva, Bartlett, Dixon, Hononegah, Huntley, Naperville North, St. Charles East, St. Charles North, St. Edward, Sterling, Streamwood, West Chicago.

Top 10 medals and ribbons 11-15

Boys' Open	Boys' Varsity (Top 8)	Boys' F/S	Boys' F/S Ctd
8:00 am	8:45 am	9:20 am	9:20
2.4 miles	3 miles	3 miles	3 miles
Matt Bultmann	Jacob Calvario	Johnny Lando	Amari Woods
Jake Stanuch	Kurt Borter	Grayson Ott	Aaron Heine??
Rohit Pallavajjala	Griffin Poterek	Christopher Tee	Theo Riensche
Kyle Heller	Gabe Ochsenchlager	Evan McGowan	Tyler Wall
Beckett Tucker	Connor McInerney	Evan Best	Lucas Osmondson
Nathan Mathias	Liam Dwyer	Harper Thomas	Harrison Pierce
Parker Bell??	Noah Yung	Bennett Gilchrist	Sam Lechtenberg
Logan Vogt??	Dylan Edling	Brogan Greif	Elija Newcomb
		Brennan Malmgren	
		Brian White	

Bold names – Group Leader – As a group leader, you have the responsibility of organizing everyone in your group for the warmup and cooldown.

Boys not competing – Cam Schmidt, Max Juhazy, Ryker Petersen, Will Lange

Boys, this is our 2nd invitational of the season and a chance to modify things from last weekend on the same course. What worked well, and you want to keep the same? What do you want to adjust this time around? This is your opportunity. Let's look to make the necessary adjustments and see how we can improve. Have a plan, look to stay strong, and move up during the race.

Also, remember that you are not alone on the racecourse. You have a team of brothers out there with you. Work with each other. Talk with and support each other. Cheer for each other.

Run Happy! Run with a Plan!

- Coach Raak

