

Geneva High School
 2026 Girls Cross Country
 SCE Leavey Invitational – Teacher Appreciation Meet!
 Saturday, September 5, 2026

Attendance: 6:15am Bus: 6:30am

*Location: Northwestern Medicine Cross Country Course
 Parking Lots B and C at Kane County Cougars Stadium
 Spectators should plan for a 10-15 minute walk uphill.
 Admission: \$4/adult, \$1/student, children 14 and under free

*Race Schedule:

Boys Open:	8:00am, 2.4 miles
Girls Open:	8:05am, 2.4 miles
Varsity Boys:	8:45am, 3 miles (top 8 athletes)
Varsity Girls:	8:50am, 3 miles (top 8 athletes)
F/S Boys:	9:20am, 3 miles
F/S Girls:	9:25am, 3 miles
Awards:	10:15am



Girls Open

		Mile 1	Mile 2	Mile 2.4	Overall
Bellino	Emelia				
Hocevar	Elise				
Miller	Charlotte				
Reeve	Claire				
Reynolds	Talia				
Rios	Emma				
Rosebrook	Audrey				
Storaasli	Nora				
Whiston	Juliet				

Varsity Girls

		Mile 1	Mile 2	Mile 3	Overall
Calvario	Sophia				
Clemons	Lyla				
Guess	Alexis				
Hamilton	Elena				
Kelly	Emmy				
McInerney	Margaret				
Meyers	Mira				

THINK DIFFERENTLY. By thinking I have to run later, your run becomes just another chore. But running is a privilege. Not everyone can do it and there may come a day when you won't be able to anymore. If today isn't that day, celebrate it. Think I GET TO RUN instead of I have to run to help you remember what a gift you've been given.

Super Fans: Pohlman, Schumacher, Warnke

F/S Girls

		Mile 1	Mile 2	Mile 3	Overall
Bellino	Kate				
Bharadwaj	Suhani				
Bowgren	Isabelle				
Carr	Ella				
Hagge	Charlotte				
Hyde	Audra				
Nica	Alina				

Teams Competing: Barrington, Bartlett, Dixon, Geneva, Hononegah, Huntley, Naperville North, Plainfield South, Saint Charles East, Saint Charles North, Saint Edward, Schaumburg, Sterling, Streamwood, West Chicago, Wheaton North, York

Team Awards (Varsity, F/S, Open): 1st, 2nd, and 3rd Place Plaques

Individual Awards (Varsity, F/S, Open): 1-10 medals, 11-15 ribbons

Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 15 minutes before the start of your race.

COOL DOWNS

Visualize the course.

Examples of Process Goals:

Surge early and often (top and bottom of each hill, at each curve, etc.)

Run the tangents

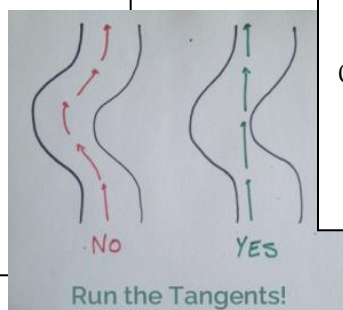
Finish hard

More even splits

Examples of Outcome Goals:

Specific place

Specific time



My Goals for Leavey Invitational

Process Goal(s):

Outcome Goals(s):