

GENEVA VIKINGS CROSS COUNTRY

Kristoffer Larsen Memorial Intrasquad Race – Friday, August 21st
LeRoy Oakes Forest Preserve off of Dean St. in St. Charles

Directions: Take either Randall Rd or Peck Rd north to Dean St. LeRoy Oakes is West of Randall Rd and East of Peck Rd. Take the main entrance road as it winds back to the Red Barn. Provide your own transportation and meet by the barn. Boys to arrive & check-in at 4:00pm, Girls at 4:30pm

Boys Pod 1	Boys Pod 2	Boys Pod 3	Boys Pod 4
5:00 pm	5:03 pm	5:06 pm	5:09 pm
3 miles	3 miles		
Ben Calusinski	Jack Kuehl	Evan Kirby	Jackson Avery
Isaiah Roeder	Skylar Simon	Matt Ratliff	Nathan Beck
Colby Coronado	Anthony Ross	John d’Andrea	Thor Eysturlid
Tim Archibald	David Roeder	Tyler Silverman	Charlie Faith
Brady Ahern	Caleb Walton	Josh Branstad	Gabriel Hubbardt
Jacob Caballero	Owen Kroeyr	Ben DeMarco	Cameron Lotspeich
Adam Coats	Tyler Gross	Adam Drexler	Ben Lutzlow
	Luke Cerwin	Andrew Warcup	James Mosciano
	Landon Zimny	Quinlan Bobeczko	Jack Riviere
	Colin Opdyke	Nathan Branstad	Brady Stoermer
		Noah Fay	
		Cameron Myatt	

Boys not competing – Nathan Lehman, Logan Keen, Anthony Graske

Girls Blue	Girls Red
5:40 pm	5:40 pm
3 miles	3 miles
Lauren Hasty	Lily Ryan
SarahHahn	Mckenna Mertes
Agnes Bolender	Tessa Balc
Drea Ramirez	Julianna Longo
Becca Spezzano	Kelsey Olson
Sophie Coronado	Grace Caskey
Julie Ori	Elise Waldchen
Alondra Mathena	Claire Jennings
Chloe Daly	Lila Storaasli
Corine Stanuch	Piper Rapinchuck

Girls not competing – Lauren Verdecchia

Bold Name = Team Leader



It is important to make sure you get a good and full warmup before your race. You should all be knowledgeable of the course and warmup on part of it to get your bearings. It’s always good to know where the mile, 2 mile, and other challenging aspects (hills, terrain, etc) of the course may be. **You are to warmup with your pods. Masks must be worn at all times when you are not racing, warming up, or cooling down. You must wear your mask to the starting line and only unmask when directed right before the race begins. After the race, you are to immediately head back to the start to get your mask and gear before your cool down.**

Parents are welcome to cheer and support your child and the team, but you must follow the social distancing guidelines at all times. **Parents must wear a mask at all times. be spread out along the course, and not congregate around the start or finish lines.** This will be a test to see how things go with parents as spectators and to see if we can continue to have spectators at xc meets this year. Let’s show our kids how we can do this the right way.

Senior recognition will be at 6:30 and masks must also be worn during this ceremony. Families should stand 6’ apart. Groups staying around and watching need to be less than 50 people and each group of 50 needs to be 30’ apart from the other group of 50.