

# **GENEVA VIKINGS CROSS COUNTRY**

## **Girls and Boys @ Camera Park**

*Competing teams: Geneva, Glenbard North, St. Charles North, and St. Charles East.*

*Bus time:      Girls: Bus leaves at 3pm after school  
                      Boys: Bus leaves at 3:40pm after school – Plan to arrive 10 min earlier to check in.*

*Please note the different bus times for the girls and boys, and each team should also plan to leave soon after their cooldown.*

*Spectators: Spectators will be allowed at each location, but all COVID protocols must be followed.*

- 1. Everyone must wear a mask*
- 2. Spectators are only permitted on the path to the east of the competition area. Spectators should not be on any grassy areas or in team headquarters.*
- 3. Non-family members must maintain 6' social distance, 30' from spectators from other schools' spectators and athletes, and 30' from the course.*
- 4. Spectators should arrive no earlier than 10 minutes before the race and leave ASAP afterwards.*
- 5. Spectators who travel to Glenbard North must [REGISTER AT THIS LINK](#) for contact tracing purposes.*

Girls' Race	Boys' Race
4:30pm	5:30pm
2.88 miles	2.88 miles
<b>Lauren Hasty</b>	Anthony Ross
Mckenna Mertes	<b>Adam Coats</b>
Lily Ryan	Colin Opdyke
Sarah Hahn	Skylar Simon
Lauren Verdecchia	John D'Andrea
Julianna Longo	Nathan Branstad
Tessa Balc	Evan Kirby
Agnes Bolender	Jack Kuehl

**Bold names – Group Leaders**

As the days roll into weeks, we are continuing to gain experience and fitness. This meet will be another opportunity to test ourselves. During a race, there are always points of self-doubt or questioning ourselves while pushing through the fatigue. When you reach this point, counter those feelings with positive affirmations: You can do this! You are strong! You want this! Simple positive affirmations can go a long way towards mental breakthroughs. Find a phrase that works and has meaning for you. The goal for this race will be to use this mantra to push a little harder a little longer during the tough middle mile of the race. Let's make the most of this opportunity and go get those PR's!

Run HAPPY!

Coach Raak