

GENEVA VIKINGS CROSS COUNTRY
Boys home @ Burgess Field against Wheaton North
Girls away @ Wheaton North HS

Competing teams: Geneva vs Wheaton North

Bus time: Girls Bus leaves at 3:00 – Please arrive as soon as possible after school.
 Boys meet at the water tower at 3:15

Below are the spectator requirements for those visiting Wheaton North

1. Spectators are required to wear a face covering and maintain social distance with all athletes, coaches, and other spectators while attending an event. Any spectator not wearing a mask may be asked to leave and there will be the potential for suspension of all spectators at future events.
2. **All spectators must remain in the bleachers of the stadium, socially distanced from other groups of spectators. No spectators will be allowed in the competition area (starting line, upper fields, track, or infield)**
3. Spectators should not be within 30 feet of any participants, coaches or officials during the races.
4. Spectators must leave after their son/daughter finishes their race.
5. All spectators must complete the Google Sheet created by the WN coaching staff to indicate their *planned attendance*. This should be limited to parents and family members. This sheet will be sent out to visiting schools and WN parents by WN at least the day before each event. This should be completed by both home and away parents.

Girls' Race	Boys' "A" Race	Boys' "B" Race
4:30pm	4:30pm	5:00pm
2.9 miles	3 miles	3 miles
Tessa Balc	Colin Opdyke	Tyler Silverman
Lila Storaasli	Andrew Warcup	Jack Riviere
Sophie Coronado	Skylar Simon	Owen Kroeyr
Grace Caskey	Evan Kirby	Jackson Avery
Piper Rapinchuck	John D'Andrea	Ben Lutzow
Alondra Mathena	Caleb Walton	Cameron Lotspeich
Claire Jennings	Jack Kuehl	Quinlan Bobeczko
	Adam Drexler	Anthony Graske
	Brady Stoermer	Landon Zimny
	Jacob Caballero	Matt Ratliff
	Gabriel Hubbartt	Ben DeMarco
	Luke Cerwin	James Mosciano
	Noah Fay	Nathan Beck
	Josh Branstad	Owen Reid

Bold names – Group Leaders

Non-runners: Girls: Chloe Daly, Elise Waldchen, Drea Ramirez, Julie Ori, and Corinne Stanuch
 Boys: Wyatt Gross, Tyler Gross, Cameron Myatt, Charlie Faith

With just 2 official dual meets left, now is the time to really focus on competing against the other team and giving your all out on the course. I think most saw the benefits of the 10 hard strides last week and made an emphasis of breaking out of your mid-race rhythm. Keep up this same mindset this week, focus on competing, and let's go for another great effort!

Run HAPPY!

Coach Raak