

GENEVA VIKINGS CROSS COUNTRY

Girls and Boys @ Naperville North HS

Complete list of Competing teams: Geneva, Batavia, Bennett Academy (girls) DeKalb, Glenbard North, Lake Park, Metea Valley, Naperville North, Naperville Central, Neuqua Valley, St. Charles East, St. Charles North, Waubonsie Valley, Wheaton North, and Wheaton Warrenville South.

Teams will compete in 3 different divisions and the times will all be merged at the end of the night to determine how all 15 teams placed along with all the individual kids.

These are the teams in our race division:*

Girls – Geneva, Wheaton North, Lake Park, Glenbard North, & DeKalb

Boys – Geneva, Batavia, Naperville Central, St. Charles North, & Wheaton North

**Some of the top runners from teams in our division have been bumped up to a faster division*

Bus time: Girls: Bus leaves at 4:40pm – plan on arriving 10 min earlier to check in.

Boys: Bus leaves at 5:40pm – plan on arriving 10 min earlier to check in.

Spectators are NOT allowed at this meet. Naperville will be broadcasting the meet live at this [LINK](#)

Girls' Race	Boys' Race
6:30pm	7:30pm
3.0 miles	3.0 miles
Lily Ryan	Colby Coronado
Mckenna Mertes	Isaiah Roeder
Lauren Verdecchia	Brady Ahern
Agnes Bolender	Tim Archibald
Becca Spezzano	Adam Coats
Sarah Hahn	Colin Opdyke
Julianna Longo	Nathan Branstad
Kelsey Olson	David Roeder

Bold names – Group Leaders

Please note the later and different bus times for the girls and boys and plan accordingly with plenty of room to be on time even with the half day of school. Also, with the later race times, plan out what and when to eat so you feel good during the race.

Twilight is always a special race that I know we all look forward to and get psyched up for. Although this year's race will have a different feel, we need to bring the same kind of energy and excitement to the meet. That's something we can control and shouldn't change. We did a great job of racing last week and working with our teammates, and I'd like to see that trend continue. It always helps to have a teammate to work with during a race.

Girls – I'd like to see you take charge and set the tone of the race in our division.

Boys – I think our division will be very competitive and push us to our best.

Keep in mind that all divisions will be shuffled together at the end of the night by time. Even if there's no one close to you at the finish in your division, make sure you finish strong as there's likely someone from a different division whose time will be right there. Every second counts.

Run HAPPY!

Coach Raak