

GENEVA VIKINGS CROSS COUNTRY

DuKane Conference Championship

@ Lake Park HS – East Campus

Competing teams: Geneva, Batavia, Glenbard North, Lake Park, St. Charles East, St. Charles North, Wheaton North, and Wheaton Warrenville South

*Bus time: Girls Bus – 7:00am – please plan to arrive 10 minutes earlier to get checked in.
Boys Bus – 10:30 am – please plan to arrive 10 minutes earlier to get checked in.*

Spectator Policies for Lake Park – park at Jubilee Church parking lot.

- All spectators must complete a certification on site and will be issued a wristband to identify them as a spectator.
- All spectators must wear a mask at all times and maintain appropriate social distance at all times.
- Spectators must stand in areas designated for spectators and are asked not to come into areas **designated for athletes and coaches.**

Girls' Race Top flight	Boys' Race Top Flight
9:00am	12:30pm
3 miles	3 miles
Lauren Hasty	Colby Coronado
Lily Ryan	Isaiah Roeder
Mckenna Mertes	Brady Ahern
Sarah Hahn	Tim Archibald
Girls' Race 2nd Flight	Boys' Race 2nd Flight
9:30am	1:00pm
3 miles	3 miles
Lauren Verdecchia	Adam Coats
Agnes Bolender	Colin Opdyke
Becca Spezzano	Nathan Branstad
Julianna Longo	David Roeder

Bold names – Group Leaders

The conference meet kicks off the championship phase of the season, and with the quality of teams in our conference, it certainly will be a highly competitive meet. This year will have a little different flavor with 2 flights for each gender dividing the kids up. This will create a different feel for each race. Clearly, the top flight will be uber competitive and we must not get caught up with our place early on. We still need to focus on our own race and not get caught up with what others are doing. Those in the 2nd flight will need to realize they will be farther up in the competition and be ready to compete early on. Both groups should also make sure to make every second count, as times will be shuffled together to create one team championship based on places based on times.

I'm excited to see how we stack up within the conference and see how we continue to compete on a high level. We have done a great job moving up during the 2nd and 3rd mile of the race, which shows a sense of racing maturity. Let's continue to race with this mindset and be the stronger runners in the 2nd half of the race. We have also found some teammates work with during the race, and in a smaller race like this, it will be even more important to do so. Work with each other to help push each other to faster times.

It is also forecasted to be cold and windy on Saturday. Please plan accordingly so that you are prepared for whatever the weather brings. Depending on conditions, once again, we will need to focus on racing and not get too caught up on pacing.

Run Happy!
-Coach Raak