

GENEVA VIKINGS CROSS COUNTRY
IHSA Regional Championships
@ Lake Park HS – East Campus

Competing teams: Geneva, Bartlett, Elgin, Lake Park, Leyden, Maine South, South Elgin, St. Charles East, St. Charles North, Streamwood, and Taft

*Bus time: Girls Bus – 7:00am – please plan to arrive 10 minutes earlier to get checked in.
 Boys Bus – 11:30am – please plan to arrive 10 minutes earlier to get checked in.*

Spectator Policies for Lake Park

- 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	1:30pm
3 miles	3 miles
Lauren Hasty	Ben Calusinski
Sarah Hahn	Colby Coronado
Lily Ryan	Isaiah Roeder
Girls' Race 2nd Flight	Boys' Race 2nd Flight
9:45am	2:15pm
3 miles	3 miles
Mckenna Mertes	Tim Archibald
Lauren Verdecchia	Brady Ahern
Girls' Race 3rd Flight	Boys' Race 3rd Flight
10:30am	3:00pm
3 miles	3 miles
Agnes Bolender	Adam Coats
Becca Spezzano	Colin Opdyke

Bold names – Group Leaders

We are back at Lake Park again the weekend, but this time for Regionals, which is the first step in the state series. Only the top 5 teams or top and top 5 individuals not on a qualifying team in the region move on to sectionals. While this is an elimination meet, I'm confident that if we race how we have been, that we will be able to advance to next week. I think it will also be an advantage for us to be racing again at Lake Park's course. We know this course well and can mentally prepare for how we want our race to go. Although places are again the goal of this race, I know there are some time benchmarks many are shooting for. I know many of the boys are eyeing the 16min barrier, and hopefully we can get several of them to break through on Saturday. Similarly, on the girls' side, I'd like to see if we can get the top 5 scoring girls under 20 min with the top few close to the 19 min mark. Again, with the meet being flighted, we need to remember that every second counts, when the final scores and places are tabulated.

Run Happy!
 - Coach Raak