

Geneseo Cross Country Invitational
Saturday, September 17, 2016

Location: Richmond Hill Park in Geneseo:

From I-80B Exit at Geneseo on Route 82 (go North towards town), turn left on State Street (the first street past Culvers and Movie Gallery), then turn left on H.K. Robinson Drive (go straight up the hill), the course is on the left.

Teams: Davenport North, Davenport West, Dixon, Geneseo, LaSalle-Peru, Morris, North Scott, Ottawa, Pleasant Valley (Boys and Girls), Rock Island (Boys), Sterling, Streator, UT

Schedule:

7:15 am- Bus leaves from high school weight room

All races will be 3 miles in length

9:00 am All Freshman Girls & Boys

8:00am- Warm up 1-2 miles on the course
8:45am- Report to start line for 2 min tempo
9:00am- Race
9:35am- 1-2 mile cool down and stretch

9:40 am All Sophomore Girls & Boys

9:40am- Warm up 1-2 miles on the course
9:25am- Report to start line for 2 min tempo
9:40am- Race
10:15am- 1-2 mile cool down and stretch

10:20 am All Junior Girls & Boys

9:20am- Warm up 1-2 miles on the course
10:05am- Report to start line for 2 min tempo
10:20am- Race
10:55am- 1-2 mile cool down and stretch

11:00 am All Senior Girls & Boys

10:00am- Warm up 1-2 miles on the course
10:45am- Report to start line for 2 min tempo
11:00am- Race
11:35am-1-2 mile cool down and stretch

*Non Racers help with split times, handing out race numbers, camp clean up, etc.

**Approximately* 12:00pm bus will leave for home.

Important Info:

1. Box #?
2. **Team plaques:** 1st Place Freshman Team (both Girls & Boys); 1st Place Sophomore Team (both Girls & Boys); 1st Place Junior Team (both Girls & Boys); 1st Place Senior Team (both Girls & Boys); Overall Team Champion (Girls, Boys, and Combined)
Individual Medals will be given to the top 20 finishers in each race. The awards presentation will take place at the pavilion at the top of the "valley hill".