

October 12, 2025

Dear Cross Country Athletes and Parents,

Sectional Results:

Congratulations to our teams on an amazing performance at Sectionals this weekend! We are very proud of all of our athletes & how much they have improved this season! The girls team placed 5th as a team, which is much better than they were seeded, and many of the girls ran big PRs.

The boys team are Sectional Champs and will be competing at State on Saturday! The boys had 4 runners in the top ten, which is incredible. Results can be found [here](#).

Practice times:

The boys top ten will practice in the afternoon on Monday, Tuesday, and Wednesday, but **Thursday** we will practice before school at **7:00 AM**.

On Thursday, we will do our donut run and run to the Donut Shop. Please make sure your athlete has **cash** with them to purchase any donuts/drinks.

There will be **NO PRACTICE ON FRIDAY** since there is no school for the students. We will talk to the boys about the workout they should do on their own on Friday.

Conflicts:

With our extended season, we have a few conflicts with other activities next week.

Boys basketball starts Tuesday. We have already been in contact with both Coach Monier (7th grade) and Coach Brucher (8th grade) and both coaches are ok with the boys not participating in basketball practice next week. Not participating in basketball to stay fresh and healthy for XC State will not impact any tryout decisions for the boys. Coach Brucher did say that if the boys are able to attend a practice or two and watch this week, that would be helpful as they will be learning a new offense this year due to the new head Varsity coach.

State meet apparel:

You can pre-order your IESA state apparel using the following link:

<https://iesastatexc2025.itemorder.com/shop/home/>

Online orders are due Tuesday, October 14th at 11:59 pm and must be picked up at the state meet. You can also buy apparel at the meet (inside the junior high).

IESA State Meet (Saturday, October 18th)

Please have your student at the middle school dressed and ready to go by 9:00 am.
Coaches will be at the middle school at 8:45 am.

As usual, if you wish to take your child home from the meet, please sign out before you leave.

Race Times:

3A Boys Race 1:00

Awards approximately 2:30 (Top 25 racers report by 2:00)

Awards (held at Normal West High School):

Plaques: Team 1st, 2nd, 3rd and 4th for both girls and boys teams

Medals: Top 25 runners in each division

Results will be posted on the IESA website

[IESA Awards information](#)

Location of meet: Parkside Junior High School

101 N. Parkside Rd, Normal, IL

Parents and spectators are encouraged to park near Champion Fields (on Gregory Street, just north of the junior high) [Parking diagram](#)

See the image below for where we typically set up our camp (near the start line, tucked up against the junior high building).



State Meet Course: The course map is linked here:

https://www.iesa.org/activities/cc/maps_Normal_MaxwellPark_Course.asp

Food Stop on Saturday:

Due to the timing of our race and awards (should we need to attend), we will be stopping for a late lunch/early dinner on the way home. We intend to stop at a spot in East Peoria where students would be able to choose from Chick-Fil-A, Potbellys, Noodles and Company, Panda Express and McDonalds. Please send your athlete with money if they want to buy lunch on our way home. There will also be limited concessions available at the state meet.

Timing:

We will only attend the awards ceremony if we have someone finish in the top 25, or if the boys team finishes in the top 4 teams and receives a trophy.

If we do NOT need to attend awards, we estimate we will return to GMS around 4:30 - 5:00pm. If we DO need to attend awards, we estimate we will return to GMS around 6:00 - 6:30 pm.

Parents may contact Coach Gillespie, Head Girls Coach, at egillespie@geneseoschools.org or Coach Voss, Head Boys Coach, at nvoss@geneseoschools.org if they have any questions.

Sincerely,

Erin Gillespie, Girls Coach

Natalie Voss, Boys Coach

Melanie Henderson, Assistant Coach