

Geneva High School
 2022 Girls Cross Country
 Richard Spring Peoria ND Invitational
 Saturday, September 17, 2022

Attendance: 5:05am Bus: 5:15am

*Location: Detweiller Park
 8327 N Galena Road, Peoria, IL 60615

*Race Schedule: Girls Open: 9:00am
 Box 19 F/S Girls: 9:35am
 Varsity Girls: 10:10am



Open Girls

	Mile 1	Mile 2	Mile 3	Overall
Caskey, Grace	7:16	8:31	8:46	24:34.5
Chadwell, Anna	7:37	8:24	9:28	25:30.7
Cielo, Alana	7:40	9:12	9:02	25:55.2
Coronado, Sophi	7:40	9:12	9:35	26:28.5
Hoffman, Ella	8:53	9:40	11:16	29:49.0
Reid, Emma	9:04	10:27	10:19	29:51.7
Spezzano, Becca	6:38	7:52	7:46	22:17.5
Stinger, Madison	8:10	10:02	10:24	28:36.8
Waldchen, Elise	7:01	7:46	8:01	22:47.9

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Anderson, Abby	7:25	8:49	8:30	24:46.0
Bradley, Mia	7:28	9:04	8:52	25:24.6
Drexler, Gretchen	6:41	7:34	7:26	21:42.0
Glasgow, Mia	7:16	8:31	8:15	24:04.0
Lichtenberg, Lucina	6:36	7:07	7:21	21:05.5
Rudigier, Rachael	6:56	7:48	7:51	22:37.1
Silha, Zoey	7:04	8:20	8:34	23:59.1

Varsity Girls 24th of 57 teams

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	6:47	7:35	7:28	21:51.6
Borter, Sofia	6:00	6:22	6:18	18:41.7
Mertes, Mckenna	6:03	6:42	6:39	19:24.6
Peahl, Taylor	6:25	7:00	6:53	20:15.2
Stanuch, Corinne	6:45	7:43	7:31	22:00.8
Storaasli, Lila	6:45	7:33	7:18	21:37.1

*Expectations
 are more important than
 your genes.*

Andrew Huberman, the guy from the podcast we
 listened to on Thursday

Mom-a-ger: Jennings
 Super Fans: Cunningham, Gaytan, Nicely, Verdecchia

Teams Competing: Last year there were 63 teams!

Team Awards: Varsity 1st-3rd place trophies

Individual Awards:

Open: 1st-10th place

F/S: 1st-25th place

Varsity: 1st-40th place

Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 20 minutes before the start of your race.

**If everything seems under control,
you're not going fast enough.**

Mario Andretti, racecar driver