

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				
Chadwell, Anna				
Cielo, Alana				
Coronado, Sophi				
Hoffman, Ella				
Reid, Emma				
Spezzano, Becca				
Stinger, Madison				
Waldchen, Elise				

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Anderson, Abby				
Bradley, Mia				
Drexler, Gretchen				
Glasgow, Mia				
Lechtenberg, Lucina				
Rudigier, Rachael				
Silha, Zoey				

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes				
Borter, Sofia				
Mertes, Mckenna				
Peahl, Taylor				
Stanuch, Corinne				
Storaasli, Lila				

*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