

Geneva High School  
 2022 Girls Cross Country  
 Rock River Run Sterling Invitational  
 Saturday, September 24, 2022  
 Attendance: 6:00am Bus: 6:15am  
 \*Location: Hoover Park  
 3807 Woodlawn Road, Sterling, IL 61081

\*Race Schedule: Varsity Girls: 9:00am  
 Varsity Boys: 9:30am  
 F/S Girls: 10:00am  
 F/S Boys: 10:30am  
 Awards to Follow



#### Varsity Girls

	Mile 1	Mile 2 Split	Mile 2	Mile 3 Split	Overall
Bolender, Agnes					
Borter, Sofia					
Caskey, Grace					
Chadwell, Anna					
Coronado, Sophi					
Drexler, Gretchen					
Lechtenberg, Lucina					
Mertes, Mckenna					
Peahl, Taylor					
Spezzano, Becca					
Stanuch, Corinne					
Storaasli, Lila					
Waldchen, Elise					

**Go out there and slay  
the day.**

**-Claire Jennings, mom-a-ger  
to the stars**

**Another day, another  
slay.**

**-Sophi Coronado**

#### F/S Girls

	Mile 1	Mile 2 Split	Mile 2	Mile 3 Split	Overall
Bradley, Mia					
Cunningham, Kayla					
Cielo, Alana					
Gaytan, Evelyn					
Glasgow, Mia					
Hoffman, Ella					
Nicely, Savannah					
Reid, Emma					
Rudigier, Rachael					
Silha, Zoey					
Stinger, Madison					

Much Regarded Director: Jennings  
 Super Fans: Anderson, Nicely, Verdecchia

Teams Competing: Belvidere, Belvidere North, Dixon, Durand/Pecatonica, Eastland, Freeport, Geneseo, Geneva, Hampshire, Harlem, Hindsdale South, Kaneland, LaSalle-Peru, Moline, Ottawa, Parkville Christian, Princeton, Rochelle, Rock Falls, Rock Island, Rockford Christian, Sandwich, United Township, Yorkville

Team Awards: 1<sup>st</sup> place plaque (Varsity and F/S)

Individual Awards:

Varsity: 1<sup>st</sup>-15<sup>th</sup> medals

F/S: 1<sup>st</sup>-15<sup>th</sup> medals

### Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 15 minutes before the start of your race.

**Don't lower your expectations to meet your performance.**

**Raise your level of performance to meet your expectations.**

**Expect the best of yourself and then do what is necessary to make it a reality.**

**-Ralph Marston**