

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	Mile 3	Overall
Bolender, Agnes	7:15	7:13	7:27	21:55.6
Borter, Sofia	6:13	6:23	6:41	19:05.4
Caskey, Grace	7:38	8:46	9:27	25:03.0
Chadwell, Anna	7:48	8:03	8:19	24:10.3
Coronado, Sophi	8:31	9:02	9:17	26:50.1
Drexler, Gretchen	6:51	7:09	7:02	21:02.9
Lechtenberg, Lucina	6:46	7:01	7:11	20:58.5
Mertes, Mckenna	6:17	6:32	7:33	19:22.5
Peahl, Taylor	6:28	6:38	6:49	19:55.1
Spezzano, Becca	6:51	7:20	7:14	21:25.1
Stanuch, Corinne	6:55	7:21	7:28	21:44.3
Storaasli, Lila	6:46	7:06	7:01	20:53.8
Waldchen, Elise	7:19	8:00	8:11	23:30.8

**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	Mile 3	Overall
Bradley, Mia	7:49	8:52	8:34	25:13.0
Cunningham, Kayla	7:18	7:19	7:16	21:51.9
Cielo, Alana	7:49	8:59	8:57	25:44.4
Glasgow, Mia	7:25	7:55	7:52	23:12.3
Hoffman, Ella	8:49	9:36	9:38	28:03.7
Reid, Emma	8:52	9:26	9:56	28:13.3
Rudigier, Rachael	7:13	7:37	7:52	22:41.5
Silha, Zoey	7:24	8:06	8:26	23:55.7
Stinger, Madison	8:15	8:23	8:30	25:06.4

Much Regarded Director: Jennings
 Super Fans: Anderson, Gaytan, 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: 1st place plaque (Varsity and F/S)

Individual Awards:

Varsity: 1st-15th medals

F/S: 1st-15th 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