

Geneva High School
 2023 Girls Cross Country
 Rock River Run Sterling Invitational
 Saturday, September 23, 2023

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	7:13	7:53	9:02	24:08.9
Borter, Sofia	5:48	6:08	6:12	18:08.5
Bradley, Mia	7:16	7:51	8:17	23:24.5
Chadwell, Anna	8:33	9:13	9:29	27:15.0
Cielo, Alana	7:29	8:36	8:49	24:54.9
Drexler, Gretchen	6:45	7:20	7:27	21:32.1
Lechtenberg, Lucina	6:36	7:22	7:46	21:44.1
Peahl, Taylor	6:21	6:54	7:15	20:30.3
Rudigier, Rachael	6:56	7:29	7:48	22:13.0
Verdecchia, Lauren	6:45	7:30	7:47	22:02.5

3rd of 17 teams, 145 points

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:10	7:53	7:58	23:01.5
Chrusciel, Lucy	8:18	9:25	9:49	27:32.0
Hocevar, Elise	7:38	8:07	8:32	24:17.5
Meyers, Mira	6:29	7:00.0	7:13	20:42.8
Petrucci, Mia	7:40	8:18	8:22	24:20.4
Reid, Emma	7:40	8:17	8:28	24:25.9
Reynolds, Talía	7:40	8:16	9:07	25:03.6
Rios, Emmi	7:55	8:51	9:24	26:10.9
Rogus, Nina	8:50	9:50	10:11	28:51.4
Whiston, Juliet	6:41	7:22	7:37	21:40.5

2nd of 9 teams, 67 points

Much Regarded Director: Coronado

Super Fans: Cilio, Hoffman, Keller, Pohlman, Rosebrook, Stanuch, Storaasli, Ulijasz

Teams Competing: Belvidere, Belvidere North, Dixon, Durand/Pecatonica, Eastland, Freeport, Geneseo, Geneva, Hampshire, Harlem, Hindsdale South, Kaneland, LaSalle-Peru, Moline, Newman, Ottawa, Polo, Princeton, Rochelle, Rock Falls, Rock Island, Rockford Auburn, Sandwich, Sterling, Sycamore, United Township, Unity Christian, 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.

Racing is the fun part. It's the reward of all the hard work.

-Kara Goucher, American Olympic long-distance runner

The body achieves what the mind believes!