

**Geneva
Girls
Cross Country**

2023

*Geneva Girls Cross Country
2023 Team Results*

		<u>Varsity</u>	<u>J.V.</u>	<u>F/S</u>
02-Sep	Leavey Invitational	12 of 14	10 of 13	6 of 10
09-Sep	Marmion Invitational	3 of 7		2 of 6
16-Sep	Peoria Notre Dame Invitational	26 of 61	21 of 31	
23-Sep	Sterling Invitational	3 of 17		2 of 9
30-Sep	Wheaton North Flight Meet	11 of 13	8 of 10	9 of 9
04-Oct	Naperville Twilight Invitational	18 of 18	17 of 18	11 of 16
14-Oct	Conference at Lake Park East	6 of 8	4 of 7	4 of 7
21-Oct	IHSA Regionals (Settler's Hill)	6 of 12		
28-Oct	IHSA Sectionals (Lake Park East)	15 of 18		
04-Nov	IHSA State Finals in Peoria			

Individual Awards

Captains – Agnes Bolender, Anna Chadwell, Corinne Stanuch, Lila Storaasli, Lauren Verdecchia

Manager – Sophi Coronado

4-year Athletes – Agnes Bolender, Corinne Stanuch, Lila Storaasli, Lauren Verdecchia

Most Valuable Runners – Sofia Borter and Lauren Verdecchia

Most Improved Returner – Emma Reid

Most Improved Newcomer – Elise Hocevar

2023 State Qualifier – Sofia Borter

Geneva High School Cross Country Award Criteria Qualifications

FRESHMEN: All freshmen will receive numerals.

You can earn a Minor "G" if you compete in half or more of the meets as the top 7 in a F/S level.

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

SOPHOMORE: All sophomores will receive a minor "G".

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

JUNIOR: All juniors will receive a JV "G".

You can earn a Varsity "G" if you compete in half or more of the meets at the varsity level.

SENIOR: You will receive a Varsity "G" if you have been an active member in the cross-country program for all four years since you were a freshman or for all three years since you were a sophomore.

A certificate may be awarded if you have already received a letter.

A Participation Certificate may be awarded in lieu of a letter.

To be considered for an award or letter, in addition to the requirements listed above,
you must complete the season in good standing.

Good standing means:

- Effort in both practices and competition
- Punctuality and attendance
- Commitment to oneself and to the school or team
- Responsibility and accountability
- Good sportsmanship
- Respect for coaches and fellow team members
- Demonstrate appropriate behavior as a representative of Geneva High School
- Stay academically eligible
- Complete all obligations regarding uniforms and equipment
- Adhere to the Geneva High School Code of Conduct
- Coaches' discretion

Winning an award is an honor and a privilege, not a gift. It must be earned.

* Most Valuable Runner and Most Improved will also be awarded.

Geneva High School

2023 Girls Cross Country

Intrasquad Pink and Green Meet

Saturday, August 26, 2023, 9am

*Location: GHS Athletic Fields, Geneva, IL

*Team Manager: Sophi Coronado



Name	Grade	Overall
Bellino, Emelia	9	24:40
Hocevar, Elise	9	29:15
Meyers, Mira	9	20:56
Petrucci, Mia	9	24:39
Rios, Emmi	9	25:54
Rogus, Nina	9	28:07
Ulijasz, Raina	9	24:28
Whiston, Juliet	9	21:58

Name	Grade	Overall
Borter, Sofia	10	18:51
Chrusciel, Lucy	10	27:29
Drexler, Gretchen	10	21:16
Hoffman, Ella	10	DNR
Lechtenberg, Lucina	10	22:34
Peahl, Taylor	10	21:12
Reid, Emma	10	25:21

Name	Grade	Overall
Bradley, Mia	11	24:44
Cielo, Alana	11	24:58
Cilio, Caitlyn	11	30:07
Keller, Anna	11	24:51
Rudigier, Rachael	11	22:22

Name	Grade	Overall
Bolender, Agnes	12	24:41
Chadwell, Anna	12	29:55
Stanuch, Corinne	12	24:48
Storaasli, Lila	12	22:06
Verdecchia, Lauren	12	DNR

Geneva High School
 2023 Girls Cross Country
 SCE Leavey Invitational
 Saturday, September 2, 2023

Attendance: 6:25am Bus: 6:35am

*Location: Northwestern Medicine Cross Country Course
 Parking Lots B and C at Kane County Cougars Stadium
 (Spectators should plan for a 10-15 minute walk uphill.)



*Race Schedule: Boys Open: 8:00am, 2.4 miles
 Girls Open: 8:05am, 2.4 miles
 Varsity Boys: 8:45am, 3 miles
 Varsity Girls: 8:50am, 3 miles
 F/S Boys: 9:20am, 3 miles
 F/S Girls: 9:25am, 3 miles
 Awards: 10:15am

Girls Open

	Mile 1	Mile 2	Overall 2.4
Bradley, Mia	7:40	8:30	19:53.6
Chadwell, Anna	8:26	10:44	23:51.5
Chrusciel, Lucy	7:55	9:16	21:35.7
Cielo, Alana	7:42	8:34	20:23.5
Reid, Emma	7:49	8:43	20:25.5
Reynolds, Talía	8:13	9:35	22:15.3
Rosebrook, Audrey	9:06	10:38	24:44.5
Stanuch, Corinne	7:49	8:42	20:26.0

10th out of 13 teams, 303 points

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	7:14	8:34	8:56	24:44.8
Borter, Sofia	6:09	6:32	6:17	18:58.7
Lechtenberg, Lucina	6:42	7:41	7:58	22:21.8
Peahl, Taylor	6:30	7:25	7:24	21:19.2
Rudigier, Rachael	6:52	8:01	8:15	23:08.8
Storaasli, Lila	6:56	7:51	7:47	22:34.5
Verdecchia, Lauren	6:38	7:38	7:46	22:02.7

12th place out of 14, 294 points

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:22	7:55	7:47	23:05.8
Hocevar, Elise	7:44	7:58	7:57	23:39.2
Meyers, Mira	6:27	7:21	7:29	21:17.0
Petrucci, Mia	7:22	8:28	8:40	24:30.1
Rios, Emma	8:00	9:08	8:58	26:07.4
Rogus, Nina	8:07	9:47	10:18	28:12.5
Ulijasz, Raina	7:07	7:46	7:33	22:26.0
Whiston, Juliet	6:37	7:29	7:48	21:54.7

6th place out of 10 teams, 138 points

Teams Competing: Barrington, Bartlett, Batavia, Benet, Geneva, Grayslake Central, Huntley, Lake Park, Leyden, Oak Park River Forest, Prairie Ridge, Rockton Hononegah, Rosary, Saint Charles East, Streamwood, Wheaton North, York

Team Awards (Varsity, F/S, Open): 1st, 2nd, and 3rd Place Plaques

Individual Awards (Varsity, F/S, Open): 1-10 medals, 11-15 ribbons

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.

Luck won't save you.

Neither will pasta dinners, war paint, triple knotted laces or pre-race huddles.

The only thing that will save you in cross country is the unbreakable determination to run harder, for longer than everyone else.

~anonymous

Geneva High School
 2023 Girls Cross Country
 Royal/Cadet Invitational
 Saturday, September 9, 2023
 Attendance: 7:15am Bus: 7:25am
 *Location: Marmion Academy
 1000 Butterfield Road, Aurora



*Race Schedule: Girls Varsity: 9:00am
 Varsity Boys: 9:30am
 F/S Girls: 10:00am
 F/S Boys: 10:30am

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	7:20	8:23	8:20	24:03.5
Borter, Sofia	6:18	6:42	5:53	18:53.7
Bradley, Mia	7:32	8:21	8:08	24:00.8
Chadwell, Anna	8:27	9:34	10:44	28:45.1
Cielo, Alana	7:37	9:15	9:01	25:53.5
Drexler, Gretchen	6:48	7:28	7:13	21:29.0
Lechtenberg, Lucina	6:36	7:31	7:32	21:38.9
Meyers, Mira	6:30	7:21	6:58	20:49.6
Peahl, Taylor	6:28	7:07	6:54	20:28.8
Rudigier, Rachael	7:08	7:39	7:34	22:21.0
Stanuch, Corinne	7:34	8:31	8:23	24:28.3
Storaasli, Lila	7:19	8:21	8:01	23:40.7
Ulijasz, Raina	6:55	7:35	7:11	21:41.1
Verdecchia, Lauren	6:40	7:40	7:27	21:46.7
Whiston, Juliet	6:35	7:25	7:07	21:07.9

3rd out of 7 teams, 60 points

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:08	7:39	7:30	22:16.9
Chrusciel, Lucy	8:22	9:16	9:26	27:04.4
Hocevar, Elise	8:04	8:29	7:33	24:06.4
Hoffman, Ella	8:10	9:57	10:46	28:53.7
Petrucci, Mia	7:51	8:35	7:55	24:21.3
Reid, Emma	7:52	8:53	8:28	25:13.3
Reynolds, Talía	7:58	9:09	9:08	26:15.3
Rios, Emmi	8:10	9:16	8:43	26:09.1
Rogus, Nina	8:28	9:49	11:04	29:21.8
Rosebrook, Audrey	9:25			DNF

2nd out of 6 teams, 63 points

Teams Competing: Aurora East, Geneva, Glenbard East, Hoffman Estates, IMSA, Marian Catholic, Oak Park
River Forest, Rosary, West Aurora

Team Awards (Varsity, F/S): 1st Place Plaque

Individual Awards: 1-10 medals (Varsity), 1-10 ribbons (F/S)

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.

The biggest mistake an athlete can make is to be afraid of making one.

-L. Ron Hubbard, author

Why not us?

-Coach Morrison

Geneva High School
 2023 Girls Cross Country
 Richard Spring Peoria ND Invitational
 Saturday, September 16, 2023
 Attendance: 5:00am Bus: 5:10am
 *Location: Detweiller Park
 8327 N Galena Road, Peoria, IL 60615



*Race Schedule: Girls Open: 8:30am
 Boys Open: 9:10am
 Girls Varsity: 9:50am
 Boys Varsity: 10:30am

Open Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	7:03	8:03	8:49	23:55.7
Chadwell, Anna	8:14	8:48	8:54	25:56.3
Chrusciel, Lucy	7:41	8:46	8:53	25:20.8
Hocevar, Elise	7:38	7:56	7:59	23:33.5
Hoffman, Ella	8:35	11:00	11:10	30:45.6
Petrucci, Mia	7:29	8:01	7:36	23:06.8
Reid, Emma	7:37	8:14	8:15	24:06.9
Rios, Emmi	7:32	7:54	8:00	23:26.0
Rogus, Nina	8:02	9:03	9:21	26:26.2
Stanuch, Corinne	7:28	8:01	7:47	23:16.9
Storaasli, Lila	7:03	7:18	7:15	21:37.8

21 out of 31 teams, 603 points

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:06	7:35	7:15	21:56.0
Borter, Sofia	5:45	6:01	5:46	17:32.6
Drexler, Gretchen	6:30	7:09	7:05	20:44.6
Lechtenberg, Lucina	6:28	6:40	6:41	19:49.9
Meyers, Mira	6:06	6:53	6:55	19:54.1
Peahl, Taylor	6:03	6:50	6:53	19:46.7
Rudigier, Rachael	6:41	7:08	7:32	21:21.1
Ulijasz, Raina	6:42	7:01	6:54	20:37.0
Verdecchia, Lauren	6:29	7:20	7:47	21:36.2
Whiston, Juliet	6:22	7:01	7:02	20:25.0

26 out of 61 teams, 800 points

*If you want to become the
 best runner you can be,
 start now.*

*Don't spend the rest of
 your life wondering if you
 can do it.*

*-Priscilla Welch
 British Olympic Marathoner*

Teams Competing: 61 teams!

Team Awards: Varsity 1st-3rd place trophies

Individual Awards:

Open: 1st-10th 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.

Make sure to do at least a one-mile cooldown.



Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

Pablo Picasso

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My race strategy for Peoria (think about taking a risk this week!) is:

One way I will help my team is by:

My goal time for Peoria is:

My process goals for Peoria are:

I will consider Peoria a success if/when:

"Courage allows the successful woman to fail and learn powerful lessons from the failure. So that in the end, she didn't fail at all."

- Maya Angelou



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

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!

Geneva High School

2023 Girls Cross Country

Wheaton North Girls Classic

Saturday, September 30, 2023

Attendance: 6:30am Bus: 6:45am

*Location: Saint James Farm
Warrenville, IL
(Enter from Winfield Road)



*Race Schedule:

Jr/Sr Open:	8:30am
Flight 7:	9:00am
Flight 6:	9:15am
Flight 5:	9:30am
Flight 4:	9:45am
Flight 3:	9:59am
Flight 2:	10:13am
Flight 1:	10:27am
Fr/So Open:	11:00am
Awards:	11:45am

Jr/Sr Open

	Overall
Bradley, Mia	23:27.93
Chadwell, Anna	26:36.76
Cielo, Alana	24:46.79
Cilio, Caitlyn	28:21.81
Rudigier, Rachael	21:17.21
Keller, Anna	25:57.09
Storaasli, Lila	21:31.59
Verdecchia, Lauren	21:18.91

Varsity Flights

		Overall
7	Drexler, Gretchen	21:19.36
6	Ulijasz, Raina	DNF
5	Whiston, Juliet	21:54.58
4	Lechtenberg, Lucina	20:34.34
3	Meyers, Mira	20:34.32
2	Peahl, Taylor	20:26.33
1	Borter, Sofia	17:43.53

F/S Open

	Overall
Bellino, Emelia	22:48.42
Chrusciel, Lucy	26:23.34
Hocevar, Elise	24:19.80
Hoffman, Ella	27:49.07
Petrucci, Mia	23:21.99
Reid, Emma	24:06.15
Reynolds, Talía	24:36.48
Rios, Emmi	24:49.19
Rogus, Nina	29:29.24
Rosebrook, Audrey	29:47.68

Teams Competing: Geneva, Hersey, Lincoln Way East, Lockport, Loyola Academy, Neenah (WI), New Trier, Oswego East, Rosary, Saint Charles East, Wheaton North, York

Team Awards:

Varsity Top 3 Teams

Jr/Sr and Fr/So Open 1st place plaque (presented at awards ceremony)

Individual Awards:

Flights: 1st-5th medals (presented at awards ceremony)

Open Races: 1st-25th ribbons (given out in a team envelope)

**Don't aspire to be the best on the team,
aspire to be the best
FOR
the team.
~Unknown**

Geneva High School
 2023 Girls Cross Country
 Naperville North Twilight Invitational
 Wednesday, October 4, 2023

Attendance: 3:00pm Bus: ASAP

*Location: Naperville North High School
 899 N. Mill Street, Naperville, IL 60563



*Race Schedule: F/S Girls (15 Fr/So): 5:30pm
 F/S Boys (15 Fr/So): 6:00pm
 JV Girls (15 Jrs/Srs): 6:30pm
 JV Boys (15 Jrs/Srs): 7:00pm
 Varsity Girls (limit 10): 7:30pm
 Varsity Boys (limit 10): 8:00pm

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:11	7:39	7:14	22:04.3
Chrusciel, Lucy	7:43	9:00	9:08	25:51.1
Hocevar, Elise	7:38	8:00	7:43	23:21.4
Hoffman, Ella	8:10	9:53	9:13	27:16.7
Petrucci, Mia	7:19	7:58	7:36	22:53.5
Reid, Emma	7:26	8:13	8:14	23:53.1
Reynolds, Talía	7:22	8:50	8:36	24:48.8
Rios, Emmi	7:59	8:53	9:02	25:55.6
Rogus, Nina	8:35	8:56	10:05	27:36.2
Rosebrook, Audrey	8:52	10:10	9:30	28:32.4
Ulijasz, Raina	6:45	7:16	7:01	21:02.2

11 of 16 teams, 339 points

**You've got to look for tough
 competition.
 You've got to want to beat
 the best.**

-Grete Waitz, Marathoner

**If you are a true
 warrior. competition
 doesn't scare you.
 It makes you better.**

-Andrew Whitworth, NFL tackle

JV Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	7:32	8:14	8:45	24:24.1
Bradley, Mia	7:24	8:14	8:01	23:39.6
Chadwell, Anna	8:57	10:29	9:40	29:06.2
Cielo, Alana	7:25	8:58	8:27	24:50.1
Cilio, Caitlyn	8:57	10:28	9:48	29:13.5
Keller, Anna	7:27	8:33	8:33	24:33.4
Stanuch, Corinne	7:12	7:54	8:07	23:13.9

17 of 18 teams, 503 points

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Drexler, Gretchen	6:46	7:26	7:14	21:26.7
Lechtenberg, Lucina	6:27	6:54	6:45	20:06.1
Meyers, Mira	6:15	7:12	7:00	20:27.8
Peahl, Taylor	6:12	6:48	7:04	20:04.6
Rudigier, Rachael	6:49	7:31	7:14	21:34.7
Storaasli, Lila	6:55	7:09	6:59	21:03.7
Verdecchia, Lauren	6:39	7:08	7:04	20:51.4
Whiston, Juliet	6:27	7:26	7:15	21:08.7

18 of 18 teams, 500 points

Teams Competing: Batavia, Downers Grove North, Downers Grove South, Geneva, Glenbard West, Lane Tech, Lyons Township, Metea Valley, Minooka, Naperville Central, Naperville North, Neuqua Valley, Oak Park River Forest, Plainfield North, Rockton Hononegah, Waubonsie Valley, Wheaton Warrenville South, Yorkville, and individuals from Chicago Latin, Chicago Taft, Homewood-Flossmoor

Team Awards: Varsity: 1st and 2nd place awards, F/S and JV: 1st place award

Individual Awards: Top 20 in each race

There is no awards ceremony.

Spectators: There is a \$5 charge to enter the stadium, where the races finish. Parking will be available on site at North and, when the lot fills, adjacent to the NNHS property on both 5th Avenue and Benedetti Drive, as well as in the shopping center just west on Benedetti. All are short walks to the school. Please do NOT park in the office park just south of the building on 5th Avenue. You will be towed.

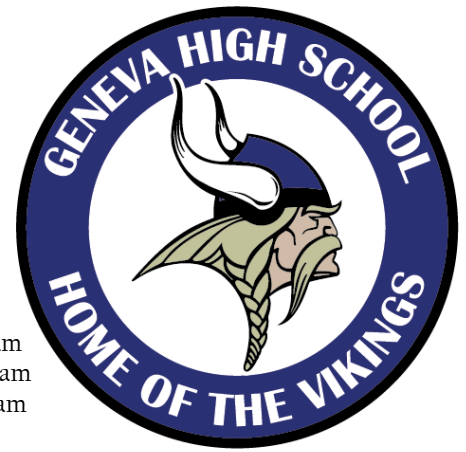
Geneva High School
 2023 Girls Cross Country
 DuKane Conference CC Championships
 Saturday, October 14, 2023

Attendance: 7:15am Bus: 7:30am

*Location: Lake Park High School
 600 S. Medinah Road, Roselle

*Race Schedule: Varsity Boys (7 runners): 9:00am
 Box 5 Open Boys (unlimited): 10:00am
 F/S Boys (unlimited): 11:00am

Varsity Girls (7 runners): 9:30am
 Open Girls (unlimited): 10:30am
 F/S Girls (unlimited): 11:30am



Open Girls: 4th of 7 teams, 135 points

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes	7:23	8:23	7:45	23:32.3
Bradley, Mia	7:31	8:19	7:47	23:37.7
Chadwell, Anna	8:28	9:15	8:33	26:17.9
Cielo, Alana	7:51	8:30	8:06	24:28.0
Cilio, Caitlyn	8:47	10:09	9:20	28:16.9
Keller, Anna	7:36	8:21	7:53	23:51.2
Rudigier, Rachael	6:46	7:29	7:10	21:27.7
Stanuch, Corinne	7:42	8:45	7:49	24:18.5

Varsity Girls: 6th of 8 teams, 139 points

	Mile 1	Mile 2	Mile 3	Overall
Borter, Sofia	5:58	6:19	5:52	18:10.8
Lechtenberg, Lucina	6:20	7:10	6:46	20:17.2
Meyers, Mira	6:29	7:22	6:57	20:49.3
Peahl, Taylor	6:23	7:06	6:55	20:25.4
Storaasli, Lila	7:04	7:41	7:04	21:50.2
Verdecchia, Lauren	6:47	7:35	7:11	21:34.8
Whiston, Juliet	6:37	7:29	7:04	21:11.9

F/S Girls: 4th of 7 teams, 114 points

F/S (unlimited)	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:13	7:57	7:24	22:36.5
Chrusciel, Lucy	7:46	8:41	8:19	24:47.4
Drexler, Gretchen	6:55	7:31	7:13	21:40.9
Hocevar, Elise	7:57	8:18	7:37	23:53.3
Hoffman, Ella	8:01	9:13	8:38	25:53.7
Petrucci, Mia	7:23	8:13	7:40	23:17.7
Pohlman, Olivia	7:51	8:40	8:05	24:37.3
Reid, Emma	8:18	9:01	8:32	25:52.6
Reynolds, Talía	7:42	8:13	7:57	23:53.5
Rios, Emmi	7:47	8:35	8:06	24:28.4
Rogus, Nina	8:41	10:04	10:06	28:53.0
Rosebrook, Audrey	8:47	9:50	9:33	28:10.4
Ulijasz, Raina	6:56	7:18	6:49	21:05.1

**Let's just say it and be done with it.
 Racing hurts.
 But here's another truth: having put in the effort to prepare for a race and then not giving it your all hurts even more. The first kind of hurt goes away in hours or a day. The second kind of hurt can last a lifetime.**
 ~Lawrence Shapiro

Teams Competing: Batavia, Geneva, Glenbard North, Lake Park, Saint Charles East, Saint Charles North, Wheaton North, Wheaton Warrenville South

Team Awards: Plaques for first place

Individual Awards: 1-15 medal at the Varsity level

1-15 ribbon at the F/S and Open levels

Important Dates for the Post-Season!!!!

Monday, October 16, ASAP after school:

Mandatory practice for everyone. We will hand out PR buttons from Conference and athletes not in the post season varsity squad will turn in warm-up jackets, backpacks, clean out lockers, turn in locks, etc. Plan on needing to find a ride home.

Post season varsity squad will have practice.

Saturday, October 21, Bus TBD (probably 8:15am or so):

Regionals at Settler's Hill! **ALL athletes are expected to attend to support their varsity squad.**

Girls' varsity race is at 10am, boys' race to follow.

The first 6 placing teams advance to the Sectional meet. / The first 5 individuals not on a qualifying team also advance. / Top 8 finishers automatically advance.

Saturday, October 28, Bus TBD (probably 10:45am or so):

Sectionals at Lake Park! **ALL athletes are expected to attend.**

Girls' race is at 1pm. Boys' race is at 2pm.

The first 7 placing teams advance to the State meet. / The first 10 individuals not on qualifying teams also advance.

Saturday, November 4:

STATE at Detweiller Park in Peoria! Attendance, race times, etc. TBA.

Monday, November 6, ASAP after school:

Mandatory equipment check-in for all post-season varsity athletes

End of Season Awards Dinner and Banquet: To Be Announced

Geneva High School
 2023 Girls Cross Country
 IHSA 3A Regionals hosted by Saint Charles East
 Saturday, October 21, 2023

Attendance: 8:00am Bus: 8:15am

*Location: Settler's Hill
 Northwestern Medicine Cross Country Course
 1996 S. Kirk Road, Geneva

*Race Schedule: Varsity Girls (7 runners): 10:00am
 Varsity Boys (7 runners): 11:00am
 Awards Ceremony: 11:45am



Varsity Girls

	Overall
Sofia Borter	18:13.90
Gretchen Drexler	21:48.10
Lucina Lechtenberg	20:45.00
Taylor Peahl	20:18.70
Rachael Rudigier	22:11.80
Raina Ulijasz	21:21.40
Juliet Whiston	21:48.30

Alternates: Bellino, Meyers, Storaasli, Verdecchia

**To give anything less
 than your best
 is to sacrifice the gift.
 ~Steve Prefontaine**

6th place of 12 teams, 161 points: Qualified for Sectionals by beating Lake Park by one point!

Teams Competing: Addison Trail, Bartlett, Batavia, Geneva, Glenbard North, Lake Park, Leyden, Saint Charles East, Saint Charles North, West Chicago, Wheaton North, Wheaton Warrenville South

Team Awards: 1st place plaque
 The first 6 placing teams advance to the Sectional meet.

Individual Awards: Top 5 medal
 The first 5 individuals not on a qualifying team advance to the Sectional meet.
 Top 8 finishers automatically advance.

Spectator Admission: \$3 for adults, \$1 for students (that do not take the bus), and children under 14 are free.
 There is a carnival in town, so you must park in Lot A (instead of Lots B and C like last year).

Geneva High School
 2023 Girls Cross Country
 IHSA 3A Sectionals Meet hosted by Lake Park
 Saturday, October 28, 2023

Attendance: 10:45am Bus: 11:00am

*Location: Lake Park High School East Campus
 600 S. Medinah Road, Roselle

*Race Schedule: Varsity Girls (7 runners): 1:00pm
 Box 4 Varsity Boys (7 runners): 2:00pm



Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Sofia Borter	5:45	6:10	5:36	17:32.4
Gretchen Drexler	6:38	7:29	7:01	21:09.3
Mira Meyers	6:16	7:09	6:43	20:09.7
Taylor Peahl	6:00	6:53	6:40	19:35.5
Rachael Rudigier	6:37	7:25	7:08	21:11.3
Raina Uljasz	6:32	7:10	6:52	20:36.2
Juliet Whiston	6:33	7:28	7:06	21:08.0

Alternates: Bellino, Lechtenberg, Storaasli, Verdecchia

Teams Competing:

Batavia, Chicago Lane, DeKalb, Evanston Township, Geneva, Glenbard West, Hampshire, Huntley, Machesney Park Harlem, Maine South, Oak Park River Forest, Rockford Guilford, Rockton Hononegah, Saint Charles East, Saint Charles North, Wheaton North, Wheaton Warrenville South, York

Team Awards: 1st place plaque
 The first 7 placing teams advance to the State meet

Individual Awards: Top 10 medal
 The first 10 individuals not on a qualifying team advance to the State meet

**You didn't come this far to only come this far.
 Dig deep, finish strong,
 and make yourself PROUD!**

~Gary Ryan Blair, TheGoalsGuy

Geneva High School
2023 Girls Cross Country
IHSA 3A State Championship
Saturday, November 4, 2023

Attendance: 9:30am Friday Minivan: 9:45am

*Location: Detweiller Park
8327 N. Galena Road, Peoria

*Race Schedule: Sofia Borter: 1:00pm
Box: 14C Awards Ceremony: 3:00pm

Varsity Girls

	Overall
Borter, Sofia	18:27.33



Teams Competing: Only the best in the state!

Individual Awards: Top 25 medal and earn All-State honors

**We are what we repeatedly do.
Excellence, then, is not an act, but a habit.**

— Aristotle