

Sterling Invitational

Woodlawn Academy

10/7/19

68 degrees, overcast, light rain

3 miles

:)

P	Fresh/Soph	3.0 miles	3.1 miles	45	Olivia DeNeice	23:46	24:39
6	Janie Perrill	20:19	21:04	60	Zoe Meaney	24:14	25:08
11	Lilly Reynolds	20:49	21:35	62	Ana Koch	24:18	25:12
13	CeCe Kelly-Harvey*	20:58	21:45	71	Georgia Corbin	24:36	25:31
19	Julia Veit	21:24	22:12	72	Ana VanBeak	24:36	25:31
20	Paige Rocca	21:31	22:19	74	Lindsey Parrott	24:43	25:38
23	Grace Parrott	22:00	22:49	77	Alex Marsh	24:49	25:44
27	Maya Warren	22:10	22:57	84	Madeline Pugh	25:10	26:06
				86	Madelyn Hellwig*	25:22	26:19
	Open (JV)			87	Ananya Albrecht-Buehler*	25:22	26:19
2	Janet Nyamboneka	20:10	20:55	90	Caleigh Stanier	25:29	26:26
9	Jae Dancer	21:23	22:11	91	Aubryn Kaine*	25:29	26:26
10	Sarah Nunez*	21:51	22:40	98	Jameson Reinike	25:54	26:52
11	Izzy Jones	22:00	22:49	102	Saye Traore	26:00	26:58
12	Mary Bounds	22:07	22:56	109	Megan Kuennen	26:14	27:13
14	Harper Denniston	22:17	23:07	113	Melanie Tran Duong	26:29	27:28
15	Liza Sarsfield	22:23	23:13	114	Phoebe Chapnick-Sorokin	26:34	27:33
18	Rachel Strang	22:36	23:26	116	Katherine Geerdes*	26:46	27:46
21	Ella Hennager	22:49	23:40	119	Sonja Liebig	27:14	28:15
23	Nia Washington*	22:51	23:42	138	Shawna O'Malley	29:02	30:07
24	Lottie Gidal	22:52	23:43	141	Serena Collins	29:09	30:14
25	Sylvia Gidal	22:53	23:44	146	Julia Weiner	29:51	30:58
35	Maya Dijlali - Gomez	23:27	24:19	151	Emma Hartwig	31:28	32:38
26	Natalie Green	23:28	24:20	153	Claire Kelly	32:26	33:38
41	Kate Wolfe	23:38	24:31	154	Binh Nguyen	34:59	36:17
42	Zoe Hellberg	23:40	24:33	156	Kayla Hefley	37:32	38:56

*=SB (season best)

Red=PR (personal record)

Team Scores

9/10 Race

Dixon High School - 18

Fenwick - 62

3rd place: City High - 69 (record 74-20)

Oswego - 130

Conant - 174

PV - 192

Hononegah - 198

Kanland - 208

Sycamore - 224

Rockford Boylan Catholic -261

Sterling - 274

Schaumburg - 308

Rockford East - 352

OPEN (JV)

1st place: City High - 43 (record 54-3)

PV- 69

Oswego -78

Honohegah -80

Hoffman Estates- 113

Riverside Brookfield -165

Rockford Moylan Catholic -180

Sterling- 213

...6 other teams

When we boarded the bus, early this morning, for Sterling Invite, in the rain, it was clear that being tough competitors and positive thinkers was among the many goals of all athletes. It was a smaller group, but all were focused. The 9/10 team started our morning off right, with an incredible team effort that earned them 3rd place against some very good Illinois teams. Had they scored all 7 runners, it would have earned them 2nd place. Janie, Lilly, CeCe, Julia, Paige, Grace and Maya all earned medals, and made the top 30 finishers list. They raced with determination. They also were both patient and fierce in the way they picked off runners, as they moved up or held off, the competition. Because of an unpredictable rainy forecast, the boys and girls were combined in the JV Open Race (that the City High JV won)! I think the combination was an advantage. The nearly 400 racers provided ample opportunities to challenge us as a team, and strengthen our race tactics. Congratulations to Janet, for earning 2nd place! She raced aggressively from the very start, until the end. Next Thursday's Divisional race is our final race of the season and for our 20 seniors, the final race of their careers. Keep the same focus from today and build on your efforts and I'm confident that we will have much to celebrate next week.

- On Your Wind, Do I Fly -