

Reservoir HS Cross Country: *Fall 2025*

Eagle Invite @ Centennial HS

Coaches:

Head Coach – Philip Rogers	(410) 888 – 8850;	progers@hcpss.org
Head Coach – Bobby Gessler		gesslermd@aol.com
Asst. Coach – Rhys Ziemer		
Asst. Coach – Eric Schuler		
Asst. Coach - Laura Guenin		

Items to Bring:

- Water/Gatorade/Snack
- Racing Uniform
- Running Shoes
- Racing Shoes *** if you have them.
- Change of clothes
 - Sweats (warm-ups) Socks
 - T Shirt Shorts
- Money for a meet T-Shirt **(CASH ONLY \$25)**
- Cell Phone

SCHEDULE OF EVENTS:	All Athletes Arrive @ Centennial	7:45 AM
	Start COURSE WALK/Coaches Meeting	8:15 AM
	BOYS A Race	9:00 AM
	GIRLS A Race	9:30 AM
	BOYS Fresh/Soph Race	10:00 AM
	GIRLS Fresh/Soph/Open Race	10:45 AM
	BOYS Open Race	11:30 AM
	Awards to Follow	12:15 PM
	Dismissal from Meet	12:45 PM

All Athletes will stay to cheer on and support their teammates. After the awards, athletes may sign out with a Coach and head home.

*** A Parent must physically sign out with a Coach.

Girls A Race	Boys A Race	Girls Fresh/Soph	Boys Fresh/Soph Race	Boys Open Race
Kate Felsen Madison Kuck Celeste Martin Ela Muniz Abigail Zecharias	Shaun Desai McKenzie Eldridge-Dooley Griffin Ellinghaus Jackson Pascarello Colin Poon Connor Walsh Jack Waltman Jonathan Ye	Corrina Fritz Avery Kuck Ella Linera Victoria Mulira	Michael Drummond Carter Jackson JT James Jeremiah Kargbo Rumi Khalid Daniel Lucinski Jensen Monti Hakim Muhammad Aston Sunwoo Gincarlo Torres-Robles Dominic Ye	Adeniyi Adegbuyi Jacob Bloor Dexter Cooley Myles Eldridge-Dooley Luke Emad Emanuel Henok Sam Iordanov Saif Khalid Ben Shiferaw Braden Sullivan Tam Vo Justin Vu
Not Running	Conan Chung, Jonah Coler, Mia Yoplac, Maheen Khan, Riya Lakhanpal, Evan Hooks, Katie Poon, Scott Frisvold			

Location/Directions – Centennial HS 4300 Centennial Ln Ellicott City, MD 21042

From the Reservoir High School: 29 North to Route 108 West (towards Clarksville). Turn Right onto Centennial Lane (at traffic light). Go about 1.5 miles, the High School will be on your left. Park in the big parking lot to the right of the school. The start is located on the lower Baseball Field and the finish is located in the Stadium. The Team Tent will be located next to the tennis courts.

Parent Expectations –

Parents are invited to support the athletes and cheer them on as they compete. Once athletes finish the race, you may briefly congratulate them. Athletes are expected to go on a cool down shortly after they complete their run. Once they complete their cool down, athletes are expected to support their teammates during all races.

Course Map of Centennial HS: [CLICK HERE](#)