



ALL-COUNTY GIRLS CROSS-COUNTRY

Runner of the Year CAROLINE GREGORY

FREDERICK, JUNIOR

Gregory employed her regular race gameplan — hanging with the pack for the first mile-and-a-half and then taking off — to splendid results for the majority of the season, capturing titles at five invitationals, then sweeping the Central Maryland Conference, Frederick County and Class 3A West Region championships. She won all of those races, said coach Frank Strakonsky, with her main focus being the success of the team. And, consequently, the Cadets had one of the finest seasons in program history, winning their first county crown since 1993 and placing second in the Class 3A state, just five points behind the champion.

Gregory became the first girl in county history to win three county championship titles, winning this season's in 18:43.86, more than 45 seconds faster than her closest competitor.

The defending Class 3A champion from her sophomore season, she was under the weather on the day of the state meet, yet still finished third. Said Strakonsky, "Her work ethic, spirit, and commitment to excellence leads the way for our entire program."



FIRST TEAM

JULIANA BRAWNER

FREDERICK SOPHOMORE

With Gregory taking the lead in nearly every race, the focused, passionate Brawner set the pace for the rest of her teammates, and she did so while coming off a knee injury last spring during lacrosse season.

County: Fifth
3A West Region: Fourth
3A State: Fifth

IVY COLDREN

URBANA SENIOR

The Hawks' reliable No. 1 for the past three years, she leaves behind a legacy of extreme consistency. Urbana coach CJ Ec-alonso said Coldren is "the epitome of a team captain, one who leads in every way."

County: Third
4A West Region: Ninth
4A State: 17th

SOFIA DRIVER

FREDERICK JUNIOR

Made a seamless transition from being a track runner to her first season in cross-country. She was a big factor in helping the Cadets win the county crown and place second at the 3A state meet.

County: Ninth
3A West Region: Eighth
3A State: 24th

ERIN MCQUITTY

MIDDLETOWN SENIOR

Regained her top form to return to being one of the county's top cross-country runners, taking second in the county. Coach Sara Caldwell said McQuitty "rediscovered her intrinsic motivation and enjoyment of running."

County: Second
2A West Region: First
2A State: Sixth

MEREDITH MOYER

LINGANORE JUNIOR

A strong summer of training set the stage for her fall success. Coach Steve Musselman said Moyer embraced the preparation needed in cross-country and gained confidence with each race, pairing with teammate Anna Quackenbush to form a standout duo.

County: Sixth
3A West Region: Fifth
3A State: 11th



LUCINDA SLAGLE

FREDERICK SOPHOMORE

Another vital supplemental cog in county champion Frederick's top five, she improved by more than 50 places at the state meet to help the Cadets take the runner-up honors.

County: 10th
3A West Region: Seventh
3A State: 18th

ANNA QUACKENBUSH

LINGANORE SENIOR

Formerly a field hockey player, she became a student of her new fall sport, and the results followed. She learned race by race and applied those lessons with each meet, according to coach Steve Musselman.

County: Fourth
3A West Region: Third
3A State: 14th

SYDNEY QUERRY

OAKDALE JUNIOR

Continuing to show growth in the sport since her freshman year, Querry employed a strong work ethic that was accompanied by a contagious smile, coach Brian Dempsey said. Was also pushed by teammate Madison Chorney, as the two formed a strong duo.

County: Eighth
3A West Region: Ninth
3A State: 56th

ELLA WILSON

THOMAS JOHNSON JUNIOR

A dual-sport fall athlete for the first time (she started for TJ's soccer team and missed the county meet due to her other commitment), the driven Wilson split practice time but led the Patriots to a state meet berth by finishing sixth in the region.

3A West Region: Sixth
3A State: 22nd

HONORABLE MENTION

- Brunswick** — Morgan Jarrell, Lauren Laverty
- Catoctin** — Jenna Conley
- Frederick** — Olivia Gregory, Mary Joy Johnson, Ysabelle Soto, Amelia Slagle
- Linganore** — Valerie Emerson
- Middletown** — Phoebe Manalo
- Oakdale** — Madison Chorney, Zhana Ivanova, Bailey Roman
- Thomas Johnson** — Erin Reeder, Lauren Chung
- Tuscarora** — Ava Elliott, Elizabeth Young
- Urbana** — Maia Bell, Alyssa Davies, Natalie Garvey
- Walkersville** — Kylie Schultz



TV Sports

SATURDAY AUTO RACING
10 p.m. USA — Monster Energy AMA Supercross Championship: Round 1, Anaheim, Calif.
COLLEGE BASKETBALL (MEN'S)
11:30 a.m. ESPN2 — Notre Dame at North Carolina
12 p.m. BTN — Nebraska at Minnesota
CBS — Vanderbilt at Missouri
ESPN2 — Texas at Oklahoma St.
FOX — Creighton at UConn
FS1 — St. John's at Providence
USA — UMass at George Washington
1 p.m. ACCN — Duke at Boston College
ESPN — Kentucky at Alabama
SECN — Georgia at Florida
1:30 p.m. ESPN2 — Wisconsin at Illinois
2 p.m. CBS — Mississippi at Mississippi St.
ESPN2 — Iowa St. at TCU
FS1 — Georgetown at Marquette
USA — UMass at George Washington
2:30 p.m. FOX — Michigan at Michigan St.
3 p.m. ACCN — Wake Forest at Louisville
CBSN — Valparaiso at Bradley
3:30 p.m. SECN — Tennessee at South Carolina
4 p.m. CBS — San Diego St. at Wyoming
ESPN2 — Clemson at Pittsburgh
4:30 p.m. FS1 — Xavier at Villanova
5 p.m. ACCN — Syracuse at Virginia
CBSN — Delaware at Coll. of Charleston
PAC-12N — Washington St. at Arizona
6 p.m. ESPN2 — Murray St. at Drake
SECN — LSU at Texas A&M
6:30 p.m. FS1 — Utah St. at Boise St.
7 p.m. PAC-12N — Oregon at Utah
8 p.m. ESPN2 — Appalachian St. at James Madison
8:30 p.m. FS1 — Butler at Seton Hall
SECN — Arkansas at Auburn
9:30 p.m. CBSN — UNLV at New Mexico

PAC-12N — Oregon St. at Colorado
COLLEGE BASKETBALL (WOMEN'S)
2 p.m. BTN — Nebraska at Rutgers
4:30 p.m. FOX — Iowa at Michigan
COLLEGE GYMNASTICS (WOMEN'S)
9 p.m. BTN — Super 16: Michigan, Auburn, UCLA, Oklahoma, From Las Vegas
COLLEGE HOCKEY (MEN'S)
4 p.m. BTN — Michigan St. at Ohio St.
6:30 p.m. BTN — Notre Dame at Wisconsin
7 p.m. CBSN — Minnesota at St. Cloud St.
GOLF
4 p.m. NBC — PGA Tour: The Sentry Tournament of Champions, Third Round, Kapalua Plantation Course, Maui, Hawaii
6 p.m. GOLF — PGA Tour: The Sentry Tournament of Champions, Third Round, Kapalua Plantation Course, Maui, Hawaii
HIGH SCHOOL FOOTBALL
1 p.m. NBC — 2023 All-American Bowl: East vs. West, San Antonio
HORSE RACING
2:30 p.m. FS2 — NYRA: America's Day at the Races
LACROSSE (MEN'S)
10 p.m. ESPN2 — NLL: Calgary at Colorado
NFL
4:30 p.m. ABC — Kansas City at Las Vegas
ESPN — Kansas City at Las Vegas
8:15 p.m. ABC — Tennessee at Jacksonville
ESPN — Tennessee at Jacksonville
NHL
1 p.m. NHLN — NY Rangers at New Jersey
7 p.m. NHLN — Detroit at Toronto
SOCCER (MEN'S)
9:20 a.m. FS2 — The French Cup: Marseille vs. Hyeres, Round of 64, Martigues, France
12 p.m. CBSN — Serie A: Udinese at Juventus
10 p.m. FS2 — Liga MX: Guadalajara at Monterrey
TENNIS
6 a.m.

TENNIS — United Cup: Semifinals; Adelaide-ATP/WTA, Auckland-WTA, Pune-ATP Semifinals
9 p.m. TENNIS — United Cup: Final; Adelaide-ATP/WTA, Auckland-WTA, Pune-ATP Finals
6 a.m. (Sunday) TENNIS — United Cup: Final; Adelaide-ATP/WTA, Auckland-WTA, Pune-ATP Finals
SUNDAY COLLEGE BASKETBALL (MEN'S)
12 p.m. BTN — Iowa at Rutgers
FS1 — Northwestern at Indiana
1 p.m. ESPN — Ohio St. at Maryland
2 p.m. ESPN2 — SMU at UCF
3 p.m. ESPN — Houston at Cincinnati
5 p.m. ESPN — Washington at Arizona St.
6 p.m. BTN — Purdue at Penn St.
COLLEGE BASKETBALL (WOMEN'S)
12 p.m. ACCN — Florida St. at Boston College
CBSN — Fordham at Dayton
ESPN2 — Georgia at Florida
1 p.m. ESPN2 — South Carolina at Mississippi St.
PAC-12N — Oregon St. at Arizona St.
SECN — Tennessee at Vanderbilt
2 p.m. ACCN — Pittsburgh at Louisville
CBSN — La Salle at Rhode Island
3 p.m. ESPN2 — Iowa St. at Oklahoma
PAC-12N — Washington at Washington St.
SECN — Mississippi at Texas A&M
4 p.m. ACCN — Notre Dame at North Carolina
CBSN — Marquette at Creighton
5 p.m. PAC-12N — Southern Cal at UCLA
SECN — Alabama at Auburn
7 p.m. ESPN2 — Oregon at Arizona
PAC-12N — Stanford at California
COLLEGE FOOTBALL
2 p.m. ABC — FCS Tournament: N. Dakota St. vs. S. Dakota St., Championship, Frisco, Texas
COLLEGE WRESTLING
2 p.m. BTN — Iowa at Purdue
4 p.m.

BTN — Wisconsin at Illinois
GOLF
4 p.m. NBC — PGA Tour: The Sentry Tournament of Champions, Final Round, Kapalua Plantation Course, Maui, Hawaii
6 p.m. GOLF — PGA Tour: The Sentry Tournament of Champions, Final Round, Kapalua Plantation Course, Maui, Hawaii
HORSE RACING
2:30 p.m. FS1 — NYRA: America's Day at the Races
IHF HOCKEY (WOMEN'S)
10 a.m. NHLN — U-18 World Championship Pre-Tournament: U.S. vs. Sweden, Ostersund, Sweden
NBA G-LEAGUE BASKETBALL
4 p.m. NBA TV — Mexico City at G-League Ignite
NFL
1 p.m. CBS — Regional Coverage: New England at Buffalo, Houston at Indianapolis, Cleveland at Pittsburgh, Baltimore at Cincinnati
FOX — Regional Coverage: Tampa Bay at Atlanta, Minnesota at Chicago, NY Jets at Miami, Carolina at New Orleans
4:25 p.m. CBS — Regional Coverage: LA Chargers at Denver, NY Giants at Philadelphia
FOX — Regional Coverage: Arizona at San Francisco, LA Rams at Seattle, Dallas at Washington
8:15 p.m. NBC — Detroit at Green Bay
NHL
3:30 p.m. NHLN — Florida at Dallas
5 p.m. NBCSWA — Columbus at Washington
RODEO
8 p.m. CBSN — PBR: The Monster Energy Buck off at The Garden, Championship Round, New York
SOCCER (MEN'S)
2:35 p.m. FS2 — The French Cup: Lille vs. Troyes, Round of 64, Villeneuve-d'Ascq, France
8 p.m. FS1 — Liga MX: Tigres UANL at Santos Laguna
TENNIS
6 a.m. TENNIS — United Cup: Final; Adelaide-ATP/WTA, Auckland-WTA, Pune-ATP Finals
6 p.m. TENNIS — United Cup: Final; Adelaide-ATP/WTA, Auckland-WTA, Hobart-WTA Early Rounds
6 a.m. (Monday) TENNIS — Adelaide-ATP/WTA, Auckland-ATP, Hobart-WTA Early Rounds

No. 1 Alcaraz out of Australian Open with leg injury

NEW YORK (AP) — Top-ranked Carlos Alcaraz pulled out of the Australian Open on Friday because of an injured right leg.

The 19-year-old from Spain wrote on social media that he got hurt "through a chance, unnatural movement in training."

The year's first Grand Slam tournament begins Jan. 16 at Melbourne Park. The draw is next Thursday.

Alcaraz won the U.S. Open last September and moved atop the ATP rankings. That allowed him to become the youngest man to finish a season at No. 1 since the computerized men's tennis rankings began a half-century ago.

His rise from No. 32 at the end of 2021 also marked the largest single-season jump to No. 1.

This is his second significant setback in recent months, though. Alcaraz cut short last season in November after tearing an abdominal muscle while competing at the Paris Masters. That forced him to withdraw from the ATP Finals and Davis Cup Finals.

Still, he closed out 2022 with a record of 57-13 and five singles titles.

"It's tough, but I have to be optimistic, recover and look forward," he wrote on Twitter.