					8	/21/17 at	Yorkville						
						Fr/So	Open		Mile to	Last			Last Year
Athlete		2 Miles	1	Finish	Mile 3	Place	Place	Place	Go	Year PL	Last Year Time		Difference
Flammersfeld, Abby	5:52								 	-	20:26		1:21
Standish, Kendra	6:11	i e						12			19:04		-0:42:00
Sim, Katherine	6:16	 					 	15		-	21:20		1:23
Ede, Morgan	6:11				<u> </u>		_	18	_		21:21		1:12
Gyori, Isabella	6:19					1	_	22			20:45		
Gall, Elyssa Scheerenberger,	6:16	14:23	8:07	20:54	6:31		-	25	-		20:44	1:49	-0:10:00
Kitty	6:33	15:08	8:35	21:55	6:47	ł		38			22:27	2:50	0:32
Bonczkowski,													
Amanda	6:43		8:47	21:59	6:29			40			21:14	2:54	-0:45:00
Lee, Rosie	6:43	1						46	1		24:23:00		2:00:00
Garcia, Sammie	6:43			22:25	6:55			47	_			3:20	
Nepereny, Alyssa	6:43			23:07	7:13		-	53			22:38	4:02	-0:29:00
McKillip, Emma	6:43	15:45	9:02	23:09	7:24			54	† 		toe	4:04	
Murphy, Meghan	6:43	15:39	8:56	23:12	7:33			56			25:06:00	4:07	1:54:00
Dillman, Alexandra	7:02		9:18	23:31	7:11		1	62			24:33:00	4:26	1:02:00
Mendoza, Liliana	7:02		i				ļ	66			26:33:00		2:53:00
Sim, Kathleen	7:00	16:18	9:18	24:06:00	7:48:00			71			24:31:00	5:01:00	0:25:00
Salmeron, Emily	7:08		9:20	24:12:00	7:44:00			72	 			5:07:00	
Allen, Naylah	7:08	16:28	9:20	24:15:00	7:47:00		131	74				5:10:00	
Goduto, Angie	7:26	17:01	9:35	24:35:00	7:34:00			82				5:30:00	
Stonehocker, Anna	7:26	17:01	9:35	24:44:00	7:43:00			83			24:36:00	5:39:00	-0:08:00
Patterson, Maddie	7:30	17:41	10:11	25:47:00	8:06:00			100		_	23:22	6:42:00	-2:25:00
Patterson, Ellery	8:25	18:57	10:32	27:16:00	8:19:00			115				8:11:00	
Sniegowski, Madison	9:05	20:58	11:53	30:00:00	9:02:00			129				10:55:00	
Lopez, Jessica	8:45	21:07	12:22	31:28:00	10:21:00			134				12:23:00	
Krapez, Marie							ļ <u>.</u>	1					
Weizeorick, Shannon													
Wolf, Becca													
Webb, Kara						ļ							
									<u> </u>				
Team Results:													
Varsity:													
Yorkville	15												
Oswego East	69												
Rosary	70												
Northside College Prep	92	,											
Joliet West	144												
West Aurora	174												
Plainfield South	182					<u> </u>	 						
i idimiela 30atii	102	1											
					 		1						
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				8/2	4/17 at Cr	ossroads	vs. Plaint	field Cent	tral				
8 Abdasa	Mile 4	O BALLON	14110 0			Fr/So	Ореп	Varsity	Mile to	Last			Last Year
Athlete Flammersfeld, Abby	Mile 1 6:25	2 Miles 13:08		Finish 19:20	Mile 3 6:12	Place	Place	Place	Go	Year PL	Last Year Time	Split from #1 0:00	Difference
Standish, Kendra	6:45	13:37	6:52	19:37				2				0:00	
Ede, Morgan	6:45	13:39		19:39								0:17	
Gyori, Isabella	6:45	13:43	6:58					1 4					
Sim, Katherine	6:45	13:42	6:57	20:04			 	5	_			0:44	
Webb, Kara	6:45	13:42	6:58					- 6				0:46	
Bonczkowski.	0.43	13,43	0.36	20:14	6:31		 		-			6:58	
Amanda	6:53	14:19	7:26	20:56	6:37	-		7				1:36	
Lee, Rosie	7:05	14:39	7:34	21:09	6:30			9				1:49	
Garcia, Sammie	7:05	14:39	7:34	21:10	6:31		Ì	11				1:50	
Murphy, Meghan	7:06	14:50	7:44	21:55	7:05			13				2:35	
McKillip, Emma	7:08	15:07	7:59	22:09	7:02			15				2:49	
Nepereny, Alyssa	7:08	15:08	8:00	22:19	7:11			16				2:59	
Mendoza, Liliana	7:16	15:46	8:30	23:00	7:14			18				3:40	
Allen, Naylah	7:16	15:48	8:32	23:09:00	7:21:00			19	1	-		3:49:00	
Goduto, Angie	7:41	16:08	8:27	23:12:00				20				3:52:00	
Dillman, Alexandra	7:16	16:00	8:44	23:30				21				4:10	-
Scheerenberger,													
Kitty	6:57	15:09	8:12	23:32			<u> </u>	22		<u> </u>		4:12	
Stonehocker, Anna	7:41	16:08	8:27	23:34:00				23				4:14:00	
Salmeron, Emily	7:30	16:14	8:44	24:23:00				26				5:03:00	
Patterson, Maddie	8:02	17:46		26:15:00				32				6:55:00	
Patterson, Ellery	8:40	18:34	9:54	27:08:00	8:34:00			35				7:48:00	
Krapez, Marie	8:31	18:54	10:23	28:02:00				38				8:42:00	
Sniegowski, Madison		20:14	11:02	30:32:00	10:18:00			39				11:12:00	
Lopez, Jessica	8:56	20:19	11:23	31:03:00	10:44:00			41				11:43:00	
Gall, Elyssa	hip												
Sim, Kathleen	leg	,											
Weizeorick, Shannon	legs												
Wolf, Becca	head												
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Team Results:													
Varsity:													
Oswego East	15												
Plainfield Central	50												_
						ļ							
										1			
										1			

		9/2/1/ 8	t if South R	lich Dust Inv	itational		E-/C-	Ones	Marris	hane 4:				
Foedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to		Last Year Time	Split from #1	Last Year Difference
This race is just the beginning of what you are capable of accomplishing this season! You looked great racing, but also got a little comfortable in the middle. Don't be afraid														
o push in the middle of the race-think about what you have done in workouts and on	Flammersfeld.													
ong runs, and that 2nd mile will feel like a breeze! Great job getting well under 19 at neet 3 for the season!	Abby	6:06	12:34	6:28	18:34	6:00					1 :	19:21	0:00	0:
ou looked strong and comfortable this race. Your time is back to what we'd expect								i					- 1,11	_
ind can be a springboard from hera! You have room for improvement in the 2nd mile Even the 1st mile wasn't too fast, and you can expect to get out faster in the weeks to														
ome, and still respond with a 6.15 or faster mile 2. Nice job!	Standish, Kendra	6:16	12:40	6.24	18:54	6:14			- 6		-	18:57	0.20	0:
ou shouldn't be either! You belong with that front pack, and I want you to keep														
sushing the pace and not allowing anyone to get comfortable. Mile 2 can be and should be much faster in the next few races—you are more than capable of running 3.														
six minute miles. Believe it, and do it	Ede, Morgan	6:16	12:40	6.24	18.56	6:16			7	1	5th FS	21:05	0:22	2
You've been impressive these first 3 meets keep improving and don't be satisfied, I'i so impressed with your approach this year and your level of commitment and maturity		1 "												
You knew it was time to get serious, and that's exactly what you've done. Keep	Sim. Katherine	6:16	12:51	6.35	19:09	6:18		i	١,	J	l	20.20	0:35	
mproving and being a leaderawesome race today! This is what we've been waiting for from you! Knowing that the team win was on the	Sim, Kamerine	0.10	12,31	0,33	19.02	0.10			+*	1-	15	20,20	0.33	1:
ine, you got after that last 300 meters. You are calm and confident during the race and you pull out all the stops when it matters. So happy to see you back to your pid														1
elf this/last week. Keep it up, and know where you belong on this team! You have	Bonczkowski,													
he ability to push everyone else, and that's exactly what you need to do (Don't get on comfortable mile 2you're ton good for that!)	Amanda	6.16	13 03	6.47	19:11	6 08			1 11		10	19.56	0:37	0
'd say this was an average race for you today, and that's saying a lot, considering you				-					 			1000		_
vere over a minute and a half faster than last year. Mile 2 is really where you need to ocus and have confidence that you belong with our top pack. We are stronger when														
ou are in the mix, and you have the ability to get it done! Keep working hard and taying positive, and those PRs will just keep coming?	Webb, Kara	6:16	13:03	6:47	19:34	6.31			15		6th FS	21:06	1:00	1
talying positive, and those inca was last keep coming: fully believe that if you were at 100% today, you'd have been under 20 minutes easily		0.10	13,03	0,47	18,34	0.31		 	19	1	OUI FS	21:00	1:00	1:
fou are still working to get back in your rhythm. Remember, it's early season. You had a tremendous summer. Take confidence in what you've already done since last										1				
cross country season, and stay mentally tough when it gets hard. Make yourself take	Cuest test-#-		40.00				1					J		_
hose quick steps to keep in contact, and you'll be so glad in the end! fou looked so great _ I thought you were going to pull out the win! On that note, neve	Gyori, Isabella	6:25	13:32	7:07	20:03	6:31	-		18	1	12	20 09	1:29	0:
re afraid to take the risk to win a race. I know you could have beat the 2 girls ahead o	1													
ou, but it looked like you were afraid to take the risk. I hope you are happy with how ou ran, but a little disappointed you didn't win when you had the chance. Next time, I														
vant to see you go for it with about 600 meters to go. Keep your form and run like crazy for that finish line!	Scheerenberger, Kitty	6:30	13.52	7:22	20:38	6.46			3			21:07	0:00	0:
ou looked great today! One thing I can't ignore is that we had a super talented and	,	5.50	10,02	1,55	20,30	0,40			1			21,07	0.00	J.,
swesome freshman class last year, and you ran faster today than any of them did on he same course when they were freshmen. That says a lot, and should show you tha	,								1					
ou are getting closer and closer to racing and training with our top group? Great job!	Garcia, Sammie	6.44	14:07	7:23	20:44	6:37					ļ		0:00	3:
Strong race today! Mile 2 was a little tough, but you moved up well in the race and appeared to be the one to cover the most ground and threaten the top 4 at the end.														
lake sure you keep in contact early on and don't let the leaders away. The lead was	Nepereny, Alyssa	6.32	14:08	7:36	20.55.00	6:47						24/26	0:17:00	0:
little too much to break down, but you ran great and looked very strong! licely done today! I'm so impressed with how you raced. Over a minute faster from	Nepereny, Alyssa	9.32	14.00	7,30	20:00.00	0.47			1	-	 	21:36	0.17.00	0.
sst year, and you looked really good! Try to pick off more girls during the 2nd mile to sep your time more consistent. Typically, they will come back to you if you maintain								1	1					
sce. Really nice job!	Sim, Kathleen	6:48	14:22	7:34	21:10:00	6:48			8			22:15	0:32:00	13
ou are going to keep getting faster and faster, and it's because of all of your hard work throughout the off season. The main thing to keep working on is remembering														
when you're racing. Sometimes you get into a mode of just running comfortably rathe									1					
han trying to beat people. Today was definitely a step in the right direction, running with your teammates throughout the race. Don't be afraid to get outside of your									1					
comfort zone and push the pace in the middle of the race. Nice job Awesome job today! There were moments that I could tell got very tough for you, but	Murphy, Meghan	6:44	14.16	7.32	21:17	7.01			-		1	24:10:00	0:33	2.53:
ou pushed through and ended up finishing right in the middle of our pack. Make sure											1			
o stick from the very beginning because then you can help move our pack up in the ace, rather than work to re-join them. Really good job!	Mendoza, Liliana	6:44	14:18	7:34	21:25	7:07	10	d d				24.48:00	0:41	3:23:
You are really starting to figure out how to get the most out of your races! You guys		-		- 1		-					 	27,10.00	0.41	0.20.
nave been worlding so well in a group, and we can see that you are pushing way more han you ever have before. Remember you train so you can run fast, so don't be afrai	4													
o do that. We are seeing you compete and try to beat people, and that's a beautiful hing! Keep it up!	McKillip, Emma	6:44	14:20	7.36	21:34	7:14	11					toe	0:50	
Aile 1 was great, and mile 3 was strong, but mile 2 you lost some ground. Overall, I	MCKIND, GITHIN	0.44	14.20	7,30	21,34	7.14			_	_	-	100	0.50	
hought this was a good race for you. Every day in practice you are improving and noving up the ranks. Don't settle! It's staying focused and determined throughout														
nile 2 that will help bring that time down. You can't think about how much you still	Standbacker Assa	0.40	44/54		22.40.00	7.45						out of	4 0 4 00	
<u>save to run, you just have to keep trying to catch and pass people.</u> .ooking at your splits, you should be more confident from the beginning. You are way	Stonehocker, Anna	6:49	14:54	8:05	22:12:00	7:18		1	4	-		town	1:34:00	
aster than you give yourself credit for, and you've been training for months now	1													
Things are starting to click in practice, and it's fun watching them click in meets as wel Gep up the great work, and challenge yourself to run with our top	1		550			5.000								
eshman/sophomore packyou belong thers! think you moved up more than anyone else in the whole race. Honestly, if you would	Goduto, Angle	7:21	15:26	8:05	22 23:00	6:57	19	1	-				1:39:00	
ave stayed in the mid 20's, we would not have done nearly as well as a team. As the														
ace progressed, you picked girls off one at a time, and I don't know if I've ever seen ou race that way before. It was great to see, and I'm so excited for you moving														
prward. It's a great way to run when you hit your pace mile 1 and then start picking											l			10 sec
iris up after that. Next race, you need to get out a little faster and then move from here!	Dillman, Alexandra	7:09	15:20	8 11	22 30	7:10		1 1	8			22.20	1 52	
ou ran tough today! Way to step up and fill in where the team needed you! You are roving that you belong with our top freshmen and sophomores, and it is so exciting to														
ratch everything come together! Keep working hard and moving up in races and														
ractices too!	Salmeron, Emily	7:21	15:30	8.09	22:50	7.20	25	i .	-	_	-		2:06	
know you were disappointed in finishing 26th, but you ran very strong today! I'm croud of you for going out with the group you started with, but you need to work on														
sticking with them in the race. Mentally, the middle is the toughest part. You are setting better with each 3 mile race, so stay positive and keep it up!	Allen, Naylah	7:14	15:18	8.04	23.00	7.42	26						2.16	
ou got out well mile 1 and lost confidence mile 2-that close to 9 minutes is way too		7.11	10110		20100			1	1				2.10	
slow for you! You moved back up mile 3, but I want to see you leading our group and cushing the entire way! Keep those times coming down!	Patterson, Maddie	7:20	16:09	8:49	0:06:00	7:57		2	7			22:55	3:28:00	
Sreat job for your 2nd race! You will be surprised by how much and how fast you mprove, because you are doing great! Keep it up, and keep working hard in practice		1 - 1 - 2		7										
and listening to your body!	Krapez, Marie	7:47	17 23	9:36	2:04	8:41		. 4	6				5.26	
ood job today! You are still not running to your potential, because we can see how ist you really are! Keep moving up in practice, and don't limit how fast you can run o								T	Ī					
ow hard you can push. You are running hard, but you aren't quite racing yet-so						127						1		
hal's our goal! 'ou should feel good about your race today! I thought you looked much stronger and	Patterson, Ellery	8:08	17:35	9:27	2:07	8.32		4	4		-	-	5:29	-
ou kept your running form throughout the entire race. Don't limit how much you can		ا ا	,		_IV.				_					
PR-keep brining the times down each week, and you'll be so happy at the end! four improvement in just a few weeks has been insane. Keep it up! You are going to	Lopez, Jessica	8:13	18:07	9.54	3:11	9:04	_	5	9	-	-		6:33	
eep surprising yourself and improving each and every day at practice and with every	Sniegowski,	0.00	48.00		77.00.00			_	_				0.55.55	
ace. Try to stay with your teammates! Great job and great improvements so far!	Madison	8:29	18:28	9:59	27:38:00	9:08	-	6	4	-	-	anir-	6:58:00	
Slad you came today, even though you weren't well enough to race	Lee, Rosie							-	+	-	-	23 33		_
Thanks for your help with splits today!	Wolf, Becca Weizeorick.							-	-		-	23 32		<u> </u>
Thanks for your leadership warmning up with the Us group and your help on splits oday!	Shannon											25 15 00		1
Thanks for your help today-let's get you back racing!	Gall, Elyssa							1	1			20:10		
	,,											20,10		

										_
Team Results:									\vdash	+
Varsity:			Fresh/Soph:			Ореп:			T	
Lincolnway Central	37	1	Lincolnway Central	18	1	Oswego E	48			
Oswego East	37	2	Oswego East	57	2	Lincolnway	51			
Joliet West	146	3	Joliet West	82	3	Pretty confid	dent we wo	ın		
Merrillville	169	4	Argo	130	4					T

Argo	202	5	TF South	218	5			
Homewood Flossmoor	206	6	Whiting	236	6			
Illiana	218	7	Bremen	237	7			
Evergreen Park	224	8	Thomridge	298	8			
Whiting	279	9			9			L
TF South	319	10			10			
TF North	337	11			11			
Bishop Noll	342	12			12			
Bloom	390	13						
Gavit	397	14		T		T		

				9/	/12/17 at (Crossroad	ls vs. Plair	nfield Ea:	st				
Athlete	Mile 1	2 Miles	Mile 2			Fr/So	Open Place	Varsity	Mile to	Last			Last Year
Athlete Flammersfeld, Abby	6:50			Finish 20:02		Place	Place	Place	Go	Year PL	Last Year Time	Spilt from #1	Difference
Standish, Kendra	6:50				 								_
•	6:50				1		+	-	-				_
Ede, Morgan		13:32					 	3					
Sim, Katherine	6:50						+	4	-				<u> </u>
Gyori, Isabella	6:51	14:05		21:37	7:32		-	5					
McKillip, Emma	7:29				i — —			6					
Lee, Rosie	7:29			22:58			-	- 7	1				
Nepereny, Alyssa	7:29			23:00				8					
Garcia, Sammie	7:29						-	9					
Murphy, Meghan	7:29						-	10					
Mendoza, Liliana	7:29	15:08	7:39	23:04	7:56		-	11					
Scheerenberger, Kitty	6:56	14:52	7:56	23:08	8:16			12					
Stonehocker, Anna	7:16	15:36	8:20	24:19:00	8:43:00			15					
Dillman, Alexandra	7:14			24:36:00			1	16					
Allen, Naylah	7:31	16:05	8:34	24:48:00				18					
Salmeron, Emily	7:34	16:17	8:43	24:50:00				19					
Goduto, Angie	7:34	16:24	8:50	25:50:00				22					
Patterson, Ellery	8:00	17:14	9:14	26:32:00				25	-				
Crapez, Marie	8:09	17:47	9:38	28:27:00				29					-
opez, Jessica	9:10	21:06						33					
Webb, Kara				hip									
Bonczkowski,													
Amanda				legs									
Patterson, Maddie				foot									
niegowski, Madison				foot									
Gall, Elyssa				hip									
Sim, Kathleen				leg									
Weizeorick, Shannon				leg									
Wolf, Becca				head									
· ·													
							<u> </u>						
												7	
							1	1					
								ile i					
Feam Results:							1						
/arsity:							İ						
Oswego East	15						1	T					
Plainfield East	50						1						
												-	
							1						
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							1	-					
							 	+					
								+					

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			0/16/17	7 at Peoria R	lichard Fra	rias Isprito								
	Athlete	0017- 4					Fr/So	Open	Varsity	Mile to	Last			Last Year
This was a great race for your. You want out and did exactly what we re-led-5.45 at the mile top 25 in the race. The best part is, I know you	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place	Place	Go	Year PL	Last Year Time	Split from #1	Difference
the capable of going even faster! Nice job staying relaxed and putting : ourself in the top group of runners. Continue doing this week in and													ĺ	
ou looked great and really moved up in the race during the 3rd mile!	Flammersfeld, Abby	5 45	11.58	6 13	18 09	6:11	1		13		-			
Fou are capable of going out a little faster to put yourself in better tookton, especially in a meet like this with so many cirts. I'm very														
roud of that 3rd mile spit, and it reflects all the gets you passed while noving up in the race. Stay confident and positive? You should have sub 18:30 on your radar in the next few weeks? Greet job, Kendra?	Standish, Kendra	6:05	12 26	6-21	18:42	6:15			39					
ou ran very consistently today, which allowed you to catch girls who vere fading during miles 2 and 3. Trust your training, because you are														
shysically able to run all your miles at 6 10 or faster. I don't think you eatly know how good you are right now, but you definitely don't know, low good you can be! Keep taking the risk to run with Abby in.														
	Ede, Morgan	6:05	12:27	6:22	18:52	6:24			45					
knother strong race for your. I have senously been so impressed this season! Your composure lets us know that there is still more you can														
ocomplish. Your first sub 19 minute race resulted in a tramendous sam result. which means that you need to understand the importance if your role on the team. Keep pushing to be in our top 3, and keep.														
hose times coming down! You should have 16.30 in your sights! Congrats on your first sub 19, and on getting a medal! Greet job,	Sim, Katherine	6:06	12 33	6.27	18.59	6:25								
(atherane) Vhat a race for you today! You moved up a lot in the race during the third and 3rd miles! Looking at splits, I know there is soll a lot more you.	Sim, Katherine	0,00	12 33	0.27	10,55	0 23			55				l	-
tre capable of, which is excling? You are knocking at the door of							100							
	Webb, Kara	6:06	12:35	6:29	19.09	6:34			75					
n the first stage of the race, you actually got out better than most of our sam! We want you to attack future races in the same way, and then save the confidence to keep pushing forward. It's clear your last mile											l			
vasn't your best, but it's something to work on for next time. You have itated that you want to be a scoring member of the team, and you have he ability to do that. You have stepped up big time in many races.														
oday you were after it, but dign't close the way you have in the past. If														
e will be unstoppable! Great job, Amanda! ven though the times don't necessarily reflect it, you moved up more	Amanda	6:04	12:39	6:35	19:36	6:56			117	-	-			-
an anyone else in the later stages of the race. You had to pick off so larry people just to get under 20 mm. Your effort was definitely president but you used click's must belie programmer for the separal of the														
consistent, but you just clidn't quite take adventings of the speed of the whole race in order and go with your teammates. Don't doubt rourselfyou belong in the pack! Get right in the middle and settle in		ļ												
ast first rivie. Your long runs and workouts indicate that you are so such faster than your leat 2 miles. Look at the spirts, realize that, be roud of how much you moved up, but know you are so much faster!														
rest job, leabeful ou went after the race like you had something to prove and it was	Gyori, Isabella	6:16	13:06	6:50	19:54	6:48			157	<u> </u>				
reat! Don't lose confidence mid-race because you are strong enough o run miles 2 and 3 way faster than 7 minutes. I know it got hot out here, but it's like you let the doubt sneps in. We're very proud of how														
nere but it's like you let the doubt sneek in. We're very proud of how in attacked the race, but we want you to keep your confidence up would the firsh. You haven't raced a ton this season, so each one is												-		
in opportunity to work on another part of the race. Today, mile 1 was	Call Chara	6.07	12,20	7.43	20:24									l
nergy to finish stronger. Great job. Elyssal. four 1st risle spit was right on, and you closed well at the end of the sce. Mile 2 was the toughest out there today. When it's hot or humd.	Gall, Elyssa	6:07	13:20	7:13	20:34	7:13	-	24	1		-			
ou have to channel your determination to not feel the heat and just see on that pace. You look very strong in the middle to the later														
tages of the race, so I know there is more you can do during mile 2 to I tay in contact with the front pack. Great job on your first race on the	Garcia Sammie	6:26	13:42	7:16	20:44	7:01		33						
ou have been improving all season, and now it's time to look at your	Garcia Sammie	0.20	13.42	7.10	20.44	7:01			<u> </u>					-
est races ever and be determined to best those. You need to look head and challenge our front pack. I know you are better, faster, and tronger than ever! Your mile splits mirrored Samme's in this race,							ŀ							
nd I know you could have been right on her hip rather than a few teps behind. Work with your teammates and push to the front-where	Nepereny, Alyssa	6:29	13:45	7:16	20:57:00	7:11		38						1
ou belong! Great job. Alyssal life 1 was spot on, and then you ran out of energy. I know we've liked about this a lot, but you need to make sure you are fueling with	itepereny, ruyasa	0.23	25.45	7.20	20.57.00	7.44								
neals and snacks so you can get through races feeling stronger. You liverised your butt off all summer and during the season so fari. I'm	Scheerenberger,													
	Kitty	6:26	13:50	7:24	21:11:00	7:20		53						
ou always run strong, but I know you can do more. Cross country is and. Once you start to believe that you are good and can compete with the grifs in the front of the race, you will do it. Telling yourself you														
an do a a the tirst step. You can run 3 maes at 6 20-6 30 pace no roblem. Next time you have the opporturely prove at Nice job on							ĺ		1					
our first race on the state course! Take some momentum and positive nergy into the weeks to come, and it's crazy how your times will drop! irest job, Rosie!	Lee, Rosie	6:29	13:55	7:26	21:15:00	7:19	l	54						
ou ran lough today! Great first mile! You have been one of the most aproved athletes since you started camp last surrener. I know you an get both miles 2 and 3 under 7 minutes-you just need to do it!														
ou work so hard in practice that all you have to do is keep your focus														
reet job, Meghani trong race todayi. Mile 1 was great! Miles 2 and 3 were consistent	Murphy, Meghan	6:34	13:55	7:21	21:19	7:23		58						-
nd almost looked comfortable. I'm so proud of how you push through ain and discomfort daily, and I know this wasn't easy for you. Keep														
ushing and working hard—you are running great and bringing those thes back to what we know you are capable off. Next race—miles 2 and 3 need to be closer to 7 minutes. I know you can do it if you stay						177								
tentally lough all the way to the finish! Great job. Kathleen! Then I look at your overall time and splits, I think about how this wasn't	Sim, Kathleen	6:37	14:06	7:29	21 37 00	7:29		71		-				
DUFDESTRICE Then I think about the fact that even a race that wasn't rest for you is still simost a minute faster than your fested time lest														
ear and I'm so proud! I know you can close better in the 3rd mile and ork with your learnmates to keep the 1st one around 6.30 and the thems under 7 minutes. Regardless, you had a strong race on the	M-WIII- F	5.20		7.00										
ate course for the first time. Great job. Emma! ou are a tough cooker! I know you are in pain a lot and push through.	McKillip, Emma	6:29	13 57	7:28	21;42;00	7:44	-	76		_				
nd we can see that in your times and in your efforts. You have been ulling yourself back into races when others might just drop back. I now you are capable of running your 1st mile around 6.30 and the]
thers under 7 but the conditions made it lough to do today. Keep orions hard and staving positive, and your time is just point to keep.	Mendoza, Liliana	6:35	14:08	7.77	21.47	7/20								1
	Stonehocker, Anna	0,55	14:00	7:33	21:47	7:39		84						-
	Dillman, Alexandra						_		<u> </u>					_
	Allen, Naylah							_			_			
	Salmeron, Emily													
	Goduto, Angie													
	Patterson, Ellery													
	Patterson, Maddie													
	Krapez, Marie								<u> </u>					
	Lopez, Jessica								<u> </u>					<u> </u>
	Sniegowski, Madison							-						
	Welzeorick, Shannon Wolf, Becca								<u> </u>		-		_	-
	woit, becca						_							
	/arsity:			Open:										
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	Wheaton			Wheaton Warrenville										

			Glenbard							
Glenbard West	128	2	West	124		 	_	4	4	+
Palatine	131	3	OPRF	126			\perp			_
Oswego East	235	4	Oswego East	153						┸
			Neuqua				1			
Oswego	262	5	Valley	174						\perp
			LincolnWay			1				1
York	330	6	Central	174						╀
Stevenson	355	7	O'Fallon	196			l			
			Pleasant							Г
LincolnWay Central	379	8	Valley	209						\perp
Neuqua Valley	384	9	Glenwood	247						L
Hersey	395	10	Loyola	278						L
Maine South	419	11	Maine South	299						\perp
			Downers							
Pleasant VAlley	485	12	Grove North	300						\perp
			Waubonsie							
OPRF	489	13	Valley	342						\perp
O'Fallon	505	14	Oswego	390						

				9/	19/17 at C	rossroads	vs Plain	field Sou	ıth				
						Fr/So	Open		The same	Last			Last Year
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place	Place	Go		Last Year Time	Split from #1	Differenc
Flammersfeld, Abby	6:31	13:04	6:33	19:32	6:28		ļ	1	4				
Standish, Kendra	6:32	13:10	6:38	20:08	6:58			3	4				
Ede, Morgan	6:33	13:24	6:51	20:55	7:31			4	1				
Gall, Elyssa	6:34	13:35	7:01	21:15	7:40			dq					
Sim, Katherine	6:36	13:45	7:09	21:26	7:41								
Webb, Kara	6:36	13:37	7:01	21:26	7:49			5					
Bonczkowski,													
Amanda	6:37	13:59	7:22	21:26	7:27			7	1		ļ <u>.</u>		
Gyori, Isabella	6:37	13:53	7:16	21:32	7:39				3				
Garcia, Sammie	7:26	15:13	7:47	22:58	7:45			12	2				
McKillip, Emma	7:26	15:12	7:46	22:59	7:47			13	3				
Nepereny, Alyssa	7:26	15:12	7:46	22:59	7:47			14	H				
Sim, Kathleen	7:26	15:13	7:47	23:26	8:13			dq			===		
Mendoza, Liliana	7:26	15:14	7:48	î e			77	15	i			1	
Murphy, Meghan	7:26		$\overline{}$					16					
Stonehocker, Anna	7:26							17	1				
Salmeron, Emily	7:26			i e				19					
Allen, Naylah	7:26		-	-				20					
Dillman, Alexandra	7:26							21	_				
	7:26												
Goduto, Angie Scheerenberger,	7:20	15:58	8:32	24:50:00	8:52:00			22	1				
Kitty	7:26	16:25	8:59	26:13:00	9:48:00			27	ļ				
Patterson, Ellery	8:19							29	: 				
Weizeorick, Shannon	8:15	17:41		1				dq					
Patterson, Maddie	8:03	17:43		i				30		-			
Krapez, Marie	8:17	18:00						31		-			
Lopez, Jessica	8:22	19:31						32				-	
Wolf, Becca	0.22	15.51			11.05.00								-
				head				head					
Sniegowski, Madison				leg 				leg					
Lee, Rosie				sick				-	_				
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Team Results:								1					
Varsity:													
Oswego East	19												
Plainfield South	44												
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			9/22/17 at	Naperville Ir	rvite (Nap	erville No		0	10-	harr				
	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year PL	Last Year Time	Spilt from #1	Last Year Difference
ou ran very smart today! Tim happy with how you went dut with the one group and also on them and matched their moves throughout, the srd 2.5 miles. At mile 2.5, I want you to make the move next race to use stronger and fatest than the other girk, and you have to make he move to break them. I think Casch Ideran and I have more ordidence in you the last half mile that, you have in yoursel. You are at as good, if not better, than these girst. See yoursel' as in control.	Flammersfeld, Abby	6:04	12:28	6:24	18:53	6:25								
nd you will pull out the worl ou ran with a confidence today that we haven't seen in a while! Keep going! Don't doubt making moves, but be confident that you have at 2nd move in your legs and will still have a finishing lock. So good	Standish, Kendra	6 13	12.46		19 06				7					
see you putting yourself with the top group on this nice! (Great Job) is was as sold rape for you, and you are stall capable of more 'You yo ran amant the first mile, and then went back and forth with chapter's pack. It is clearly is at on a group and left them do the work of their put away throughout that leat mile. That's land of what that ck did to us. If would have been great if we would have head our 3.5						0,20								
sed of Lockport's pack in the end. In the weeks to come, make sure is are petting out faster mile 1 (although it was smart today). Great bit was clear you weren't feeing 100% today, but it was still a solid race.	Sim, Katherine	6:15	12:52	6:37	19:23	6:31			17		_			
ryou. Let's touch base this week regarding your back/side and see if yighing will help that go away. There no doubt that you would have en able to run with Katherine or Kendra int the last mile of the race, stay confident, keep working, and let's get you healthy for next reld.	Ede, Morgan	6:15	12:51	6:36	19:32	6.41			23					
If the last 2 meets, you have been in the 5th scoring position. It can boths blessing and a curse if you get disconnected from our other you might feel pressure—you have to get 5 more! for example if use to for fair back, those points stair racking up, and our teem does fresh as well The solution? Stay related and stay with your pack to have been numming great! Keep if up, and to lessen the pressure the teem finals, stay as close to our 4f or 47 surems as possible!														
n't beel Lockport's pack this time, but I think we can get them the it bine around! the race for you today, but you have to be more confident and sure.	Webb, Kara	6:17	13 05	6.48	19 59	6 54			37					
yourself in that first mile. Everytone was out a little slower loday cause of the heat, and I know you can handle is whether its rain or see watern temperatures. When you get disconnected from the start, in 7 and mile feels handler. You did bounce back well in mile 3, but that I shows if you had been with the group on mile 1, you would have	Gyori, Isabella	6;31	13-29	6:58	20:18	6:49			48					
in in the mix with our lind 5 today. I was great! Overall, your race today was better, but you here to ever that you are body enough to stay with our pack. It doesn't do good to fall off the pack and run on your own. Your form and titue changes, and is looks like you are trying to hang on, rather than glip to study race. Worklows have been great lately, so your				0.50	20,20	0.12								
Indence should be back! Know that you are good enough to stay hour pack—so don't let yourself take the easy way out! We need in there! In the pur, you don't look like you felt very good today. You have	Gail, Elyssa	6:17	13:20	7:03	20:28	7:08		1 4	52	hin				
is mental loughness our fearn needs, and your approach to racing is mething you bring to the group. You know you are better than your it? races, so lefs take is step back and see how to get you back to mining an control and psenvillness brea. We can chall this week my proud of the way you stackled the race boday. When you get out	Bonczkowski, Amanda	6:37	14:13	7:36	21:25	7:12			73					
If like you dod, you have to learn to stock through the tough parts of race. During miles 2 and 3, you there to know you are just see good the other gris, and you have to keep your spits under 7 mm. I know was hot, but you just have to safely focused on the outdoore you are, and you can make at happen! Overall, you got after it and raced [I, just know you could have finished stronger in the 2mh fail of the					-		i			4			:	
as ur times have been super consistent lately which means you are out plot of a fast time at our next ment! You finished strong mise Pick someone to stay with himst the gun (Alyasal), and work mise? a more if you get to a tough point in the race, starting thinking about himster [gr7] to get your men of the sctual race. You should be able.	Nepereny, Alyssa	6:35	14:02	7:27	21:33	7;31		12						
nows (pri/ to gar your mend on the secure race. You should be she shared yourself emough that you hopely you're actually recorn and just steck! I was super excrted that you guys looked very relaxed and in the time was very smart and within your abilities, even on a hot it. I looked live mid-2 was just more uncomfortable than it should	Sim, Kathleen	6:55	14:30	7:35	21:40	7:10		16						
It conset the mase 2 was plain more incontractable than it around be been. Make sure you are hydrating and heling with enough ones during the day. Your 2nd and 3rd miles are hydratly stronger in the were tooley, so rest up, and get ready to get back on track net left. If semilar race to Samme I didn't think you guys were out too fast.	Garcia, Sammie	6:44	14:32	7:48	22:03	7:31	25		9 1					
he mile at all, but it looked files you were going backwards in the e a little bit. Don't stress about it. It was a hot day, and you guys famished in the top 30. Let's get back on track and keep those es coming down! You're having a great season! Juretty much mantamed your position throughout a tof the race.	McKillip, Emma	6:44	14:30	7:46	22:05	7:35	26							
as hoping that you guys catching Samme and Erman meant that were all in the bip 20, but they came back to you rather than you we up to them. You should have those 2 hi your sights and by to see the gap. Reatize that as barmantale, if someone is having an off in you can lift the team by helping them out and even pushing peat m. Make a move and make hering or with you Don't be straid to m. Make a move and make hering or with you Don't be straid to the second or the second or the second or that the second or the second or the second or the second or the second or	Mendoza. Liliana	6:49	14:33	7:44	22:10	7:37	30							
k, but I want to see you more aggressive an pushing to the front! and US had very similar races. We have a very strong pack with I 4 when you nn together. You les Samme and Emma get away, as too much at the beginning, and then they came back to you and the end. If you had all been together from the beginning, you lid have pushed one another past those difficult ports in the race.														
I helpoof the entire group lines I tested. It wasn't a basel race today, it wasn't the basel he seem, you race either in search the basel he seem, you race ceither. If he had had lipsel throw you are better than your races takely, so we to make sure you have enough, that log giv you through the race I had a great long run on Saturday, which is a great long limited by you are getting enough protein, vegees, and startners. Even mod glutten, you can eat a lot of race postiones, and lean meets that should be able to have enough energy to get through the race.	Murphy, Meghan Scheerenberger,	6:54	14:32	7:38	22:12	7:40	33							
		6:42	14:33	7:51	22:26	7:53			88	_				
Stly mentally relaxed and keep moving up in the race to keep tel times down. Make a game and start belang gris offi race and run hatter with a title chip on your shoulder. You are er than the times that you ran today. Believe that, and race where attitude during miles 2 and 3. You tesh hard for larges 7 or to respond in racing stusteers and run with your teammates. Arandra was just leaked of you most of the race our loyou were alone.	Dillman, Alexandra	7;17	15:31	8:14	23:54:00	8:23		71						
n as a learn, and we will be stronger for it, and it will be more fun for it. It is get out of your comfort zone! You have been pretty consistent your races. Given the heat and your consistent times, that means are due for a fast one next week! Stay to softwe keep working and	Stonehocker, Anna	7:27	15:42	8:15	23:57:00	8:15		73						
yoursetf you are faster than 8 minute pacel. You were our 5th reer today, which means you point determine the learn score. You to be as close to our tog group as possible. Let your tearmates you because you don't have to race alone! Keep minute you provide you don't have to race alone! Keep minute you ran strong today. Dut I know you have more power in those legal in the stay with Emply and to keep your miles below 8.	Salmeron, Emily	7:13	15 44	8:31	24 02 00	8:18	68							
use pace. I know you can do at I You are adjusting to the 3 miles thy well, so skip determined for meet your goals! times the way you are still trying to race when you are in pain fire skip though. RUN WITH YOUM TEAMMATES! It is so much set and more fun. You were not far behind them at all throughout.	Allen, Naylah	7:26	16 01	8:35	24:35:00	8:34	88							
race, but you don't take the lateral steps to catch up to them. If you adde to keep racing, your job is to run with your teammetes. No is arong alone! s was definitely an improvement today! Your times are getting way to consistent so good job. Now-you know you have to get out.	Patterson, Maddie	7:33	16:20	8:47	24:48:00	8:28		89						
er and work a little more during the mos. We stall know first you are much haster than you've been racing. Solo pichighed it is olely for a to hurt a title but. You need to stock with Errely and Naylah next a Not excussed: excelled for the day you ligure out how good you can be. You work 3, and you like to run. You just need to put it together and push meet past you comfort zone. There is not reason you can't keep up ou	Patterson, Ellery	7:55	16:29	8:34	24:59:00	8:30	99							
In Nayth and Emby when it comes to races. Challenge yourself next e and don't settle for 8.00 pice when you are so much fastle than; I. It's a race, and it's supposed to hurt a little. I want to see you if people (and I know that you can)! I've conflort zone appears to be then 10 minute mile. Mile 1 was	Goduto, Angle	7:50	16 32	8:42	25 12 00	8;40	105							
od Next race; you need to keep miles 2 and 3 at 9 minutes. It wild still fiel somewhat comfortable because you train way fisser in that every day. I know you can do it, and it takes practice writing yourself to push harder the entire race. If it helps, break the into 400 mitter a ections and focus on your form and running tail.	Krapez, Marie	8:25	18:41	10:16	28:49:00	10:08		142						
ar beat rises were 4 menutes faster than today. I know you are poable of keeping your mise spits between 8 and 3 menutes. Stay street it was a hot one, and you got through it. Next rises I want us to focus on getting miles 2 and 3 at or around 9 menutes in should feel relaxed but not alsy inch to 11 menute terminy. Run with use, and help each other break up the race mentally. You can do it!	Lopez, Jessica	8:58	20 00	11:02	31.07.00	11:07	190							
	Lee, Rosie Weizeorick, Shannon				sick									

Sniegowski, Madison							
Wolf, Becca							

Varsity			Frosh/Soph			Open	l í					
				Naperville			Naperville					
Lockport	44	1	29	Central	1	49	Central					
				Naperville			Naperville					
Oswego East	87	2	38	North	2	71	North					
				Downers		-	Downers					
				Grove			Grove					
Naperville Central	93	3		South	3	78	South					-
				Wheaton		1	1 1					
LincolnWay Central	101	4	113	North	4	81	Lockport	-		\rightarrow		-
				LincolnWay								
Benet	108	5		Central	5		Benet	-		_		_
				Oswego			Wheaton					
Naperville North	150	6	159	East	6	-	North					-
	4.50	_		L . I	_		Oswego					
Plainfield North	150	7	161	Benet	7	201	East				_	_
0-111	225		210	Mother	8	227	LincolnWay					
Bolingbrook	235	8	210	Mcauley	8		Central Mother		_		_	+-
Wheaton North	261	9	262	Lockport	9		Mcauley					
							-		\rightarrow	+	_	+
Mother Mcauley	284	10	297	Sandburg	10		Sandburg		\rightarrow			
			200	Ll		1	Plainfield					
Sandburg	332	11	298	Bolingbrook	11	267	North		_		_	+
			201	Plainfield	12	1			- 1			
	-		361	North	12					_		+
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		I			North Flig		Fr/So	Орел	Varsity		Last			Last Year
ou ran great today! You got out well mile 1, and made a	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place	Place	Go	Year PL	Last Year Time	Split from #1	Difference
eries of moves witin that top pack to sepaste from the other irls. You did close on the 1st girl, but she had quite a large ad to try to chip sway at. Overall, this was a great race for														
our and the first to truly show your notential! Do not be	Flammersfeld, Abby	5:42	11:44	6:02	17:36	5 5 52								
our time was strong, but you didn't have the same onfidence you had last week. I think the race got in your	ratifict steto, Hoby	3.42	12.77		17,50	3,3,			<u> </u>					
ead a bit, and you sat in the pack too long rather than take ontrol and make moves early enough in the race. Had there							h .							
een the #1 runners in there, I think you would have made noves to stay with them and found yourself in a better												1		
osition It was good to see what happened with this lynamic, and I'm excited to get you back in with the whole	Standish, Kendra	5:56	12:11	6:15	18:33	6 22			12				İ	
ou ran so great up until the last 400 meters! You should be	Standish, Kendra	3.30	1211	0,13	10,5	0 22			1					
o proud of your race and just have a little chip on your houlder with the actual finish. I was so proud of you hroughout the race, and you were in position to make a														
nove and win the whole thing with about 600 meters to go be confident that your legs are strong enough to make that														
nove and pull away from the other girls. Great job, and ocus this week on finishing all of your workouts really strong!	Sim, Katherine	6:02	12:28	6:26	18:37	6:09			1	1				
ou ran so strong for the first 2.5 miles. You looked calm, onfident, and ready to break away. In a race like that, don't									144 =					
e afraid to take risks and make surges because you should sve the confidence to do so. I thought you looked great and ist lost a step or two and let the girls get away from you							14			v t				
ist lost a step or two and set the girls get away from you uring the last 1/2 mile. Remember to keep contact and on't let them pull away. Another great race, with even better.		-					12		111 10					
nes in the weeks to come! ou had an awesome race today! You got out strong and	Ede, Morgan	6:01	12 20	6:19	18:40	6 20			7	1				-
soved up throughout the race. I was so proud of the way ou went after girls, closed gaps, and picked them off! Great														
me and great racing! Carry this over to when you are racing th your entire team, and you will be right with our top pack														
ith no worries of being a distant 5th. You did exactly what e talked about, and it was so awesome to see! Great job, arai	Webb, Kara	6:06	12:34	6:28	18:48	6:14			١ ,					
ou ran a solid race today. You have done some of the best uality long runs of anyone live coached, and your miles are														
the 6 45 range at that pointI know you can race 3 faster nan 19 331 This is still a PR for you, and a step in the right														
irection! Stay confident and keep moving up those last 2 ifes! Nice job!	Gyori, Isabella	6:11	12:59	6:48	19:33	6:34								
foly cow! I am so proud of you! I can't say i'm surprised— of after watching you keep up with Abby in Thursday's vorkout. What a great race and time for you! Breaking 20														
vorkout. What a great race and time for you! Breaking 20 hould be your next step! You looked awesome today from tart to finish! There are years that 20 05 would put you in														
ur top 5 or top 7 and technically you were our 7th fastest	McKillip, Emma	6:32	13:21	6:49	20:05	6:44	19							
ou ran great—a new PR1 Next time go with Emmal You we work so great together and can really set the pace for													<u> </u>	
ur team! Another big accomplishment for you-getting all 3 illes under 7 min! You looked much stronger than last														
reek, and I know you'll be even faster next Saturday! Great sb! ay! A great race for you! It's so great to see you run well!	Garcia, Sammie	6:37	13:36	6:59	20:17	6:41	2	7						
ille 2 could have been a little quicker-for sure under 7														
ou have energy you can compete throughout the entire ace! Best race of the season, and I think you will keep														
aving those in the next several weekst. Great job! his wasn't your best race but you really haven't gotten a ton	Scheerenberger, Kitty	6:28	13:32	7:04	20:26	6 54	_	21	-	-				-
f racing under your best this season. Consider it a step in ne right direction, and look forward to getting to run with your														
sammates again! Keep working hard, and if you need to ross train a little bit, keep the intensity up so you get the enefits of a good workout.	Gall, Elyssa	6:24	13:38	7:14	20:47	7:09			15					
reat job today! You weren't sure you'd ever break 21 min, not now you should be thinking about breaking 20! You are										1				
o tough, and you inspire all of us! Keep it up, kiddo! ook who had a breakthrough today! Congrats on a great	Sim, Kathleen	6:42	13:50	7:08	20:47:00	6:57		38		-				-
ice! I'm so glad you flipped the switch and realized you AN stick with your teammates! This was a seriously														
npressive race, and I'm tooking forward to how much you'll ontinue to improve in the weeks to come. Great job! Imes coming down are always a great thing! You have	Salmeron, Emily	6:35	13:47	7:12	20:57:00	7:10	4	4						
een one of the most improved runners since you started unning on the team last year. I know you are capable of														
unning faster, and I like that you are a little disappointed in his, but you have to be proud of getting faster and stay							1							
ositive! You're doing great! Keep believing in yourself and now that you are good enough to stick with Emma and	Murahu Mashas	6 43	13:56	7:13	20.58	7:02	4	,						
ou have had so many very consistent races that you are	Murphy, Meghan	0.43	13:30	7:13	20:38	7:02	4.	4						
eady to pop a big PRI. This was a small PR for you, but I mow you are ready to roll! Your practices and workouts save been so great lately, so you just need to carry it over to						1								
race. Stay with your teammates from the beginning, and		10.												
rith the pack. Nice job! lice PR today! You looked much more confident in yourself,	Mendoza, Liliana	6.45	14:05	7:20	21:17	7:12	. 51	7		-			-	-
and that is a wonderful thing to see! Your first mile was rest, and then you were pretty consistent from there. Next	Caduta Austa	6.53	14.74	7.24	21.44.00	7.00								
p is 21:301 Keep it up! Sreat PRI You were super consistent with your spitts, and I	Goduto, Angle	6:53	14:24	7.31	21 44 00	7:20	7:	1	<u> </u>					-
hink you can close faster mile 3. Try to get out a little faster and surround yourself with girls who are running faster and an pull you along. Keep up the great work!	Allen, Naylah	7:03	14:36	7:33	22 09:00	7:33	8-	1						
ou PR'd by literally 1 second. This means you have found our comfort zone. You took a break during mile 2, and you								1						1
need to push through and move up in the race with the faster group. Keep your focus next race, and get out of your	L													
omfort zone to PR by 30 seconds! Today and TF South were your best races by far You	Stonehocker, Anna	7:03	14:53	7.50	22 11 00	7:18	1	82	1-	-	-		 	-
ooked much stronger today, but I know you can still get out a ttle faster and stav under 7.30 for mile 2 as well. Keep it un.	Dillman, Alexandra	7:07	14:53	7:46	22:20:00	7:27		86						
nd keep working on your form! Nice job! ireat race today! You are starting to figure things out, and	Dillinan, Alexandra	7.07	14.55	7,40	22.20.00	7.27		00	1			 		+
rere under 8 min for each mile. I know you can push even nore— you still ran super comfortable and were disconnected om your teammates from the start. Stay with your pack!														
ou belong there! est race of the season for you! Keep breaking the race up	Patterson, Ellery	7:28	15:27	7:59	23:18:00	7:51	10	1	-	-	-	 	-	-
ast like you did today! Every time I saw you, your form soked better than it has in any race so far. You are getting														
lose to 6 min pace for each mile, which would be such a uge accomplishment! Great job today, and keep up the	Kranes Marie	9.00	17.00	0.00	25:20:0	0.34]							
reat work! Sreat race today! I'm so glad you kept all your miles under	Krapez, Marie	8.06	17.06	9:00	25:36:01	8:30	1	176	1-					
30, and your first one was perfect! Next race, you can icus on getting miles 2 and 3 below 8 minutes, and you'll R by another huge amount! Keep staying positive and														
n by another ruge amount: Neep staying positive and now that all your hard work and effort will pay off! Awesome ib, Jess!	Lopez, Jessica	8 10	17:33	9:23	26:47:0	9.14	15	7						
	Bonczkowski, Amanda													
	Lee, Rosie													
	Sniegowski, Madison	-	-			-				-	-			-
	Nepereny, Alyssa	+	-				 	 		-	-	 		-
	Patterson, Maddie Wolf, Becca	+						 	-	-	-	 		+
	Weizeorick, Shannon				-		 							+-
											-			_

Varsity				Fresh/Soph					
York	33	1	59	York					
Lockport	33	2	61	Lockport					
Hersey	39	3	95	O'Fallon					
Benet	41	4	112	Benet					
Maine South	47	5	129	Neuqua					
Loyola	53	6	146	Wheaton North					
Neugua Valley	53	7	174	Oswego East					
Oswego East	54	8							
Mahomet-Seymour	54	9							
O'Fallon	58	10						l	
Arrowhead Wi	68	11							
St. Charles East	72	12							

							Fr/So	Open	Varsity	Mile to	Last		Last Y
	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place		Go		Last Year TimeSplit from #1	Differe
is was not your best race, but I'm proud of you for going after it om the beginning and seeing how you feel racing from the front.													
or typically "warm up" into the race and build into it. Your first like was not faster than you can handle, I think you just lost some mildence and steam towards the end. I don't have a problem th you racing that way, but carry through the end of the race.										100			
	Flammersfeld, Abby	5 44	12.04	6:20	19 09	7:05			15				0
eat race for you today! Your 3rd mile split looks slow, but member it was a 5k. You looked great and ran very snart today! versome job! Keep those eyes on Abby_you did a great job osing that gap today and not second-guessing yourself!	Ede, Morgan	6 03	12 25	6 22	19:15	6:50			19			0.00	F
wesome race today! I think the past week paid off huge_you oked super strong, in control, and ran so great with your													
eat racell! You looked great and ran so smart with your	Bonczkowski, Amanda	6:03	12.32	6:29	19 28	6,56			22			0;19	9
ammates! It was amazing to see you in that pack and running so eat today! Awesome awesome job! ich a strong race for our entire pack, and you are such a key	Webb, Kara	6:03	12.32	6 29	19:28	6.56			23			0:19	9
reponent to that group! Great job, and keep rolling with your	Sim, Katherine	6:03	12:32	6:29	19 29	6.57			24			0:20	0
ot your best race, but it was mostly the last 1/2 of the race. The st part was fine—it's not like you got out too fast or anything, u know you finished and felt fine, which is enouraging moving										1			
rward. Stay confident, focused and relaxed, and you'll achieve ose goals next week and in the weeks that follow as well us had a much different race today, which we kind of expected	Standish, Kendra	6 03	12:36	6:33	19.49	7:13			36			0:40	-
throwing you into the verity race. Make sure to take our own throwing you into the verity race. Make sure to take our own type of getting pulled to faster times. Don't get in your own by when it comes to that. To wa cartwyl didn't run poorly, but the ce fet different because you were surrounded by the fastest is on the other teams. Towald make also has the exits a 1 of the fe, so don't dwelf on that split at all. Take the experience gained													
om running varsity and use that at conference next week! Great	McKillip, Emma	6:35	13:46	7:11	21:36	7:50			92			2:27	
ould say the same thing to you I just put for Emma. Any time u run on a different level, it's going to feel different. You have													
control your own emotions and nerves in order to take vantage, and I think you both did a respectable job. This will y off next week, and you earned the opportunity to run varsity— don't feel bad at all! You did make up some ground the last 1.1													
iles, so that was good to see	Garcia, Sammle	6:37	13:55	7;18	21:40	7,45			93		-	2:31	1
wards the end, and you didn't have a response in your legs to ht back. You have raced great at conference in the past, so i'm oking for you to take the good from this race and apply it nex teks to you can finally neet your time goal of breaking 20!!!	Nepereny, Alyssa	6:28	13:35	7:07	21:40	8 05			9				
eat job stepping up today It's a little strange running a race thout teammates you usually rely on. I thought you did a great		0,26	13,33	7,07	22,40	0.03			1				1
o of running with confidence. The leat mile had the extra 1 tked on, so the split wasn't really 8:10, but 1 know you could we been a little faster the last mile regardless. Keep working th your tearnmates, and great things will happen at Conference													
at week! Is always have such strong finishes and end up closing on your	Murphy, Meghan	6 44	13:57	7:13	22:07	8:10	26	7	+-		-		+
ammates. Next week, I want you to be right with Meghan, oma, and Sammle from the start. Don't let them pull away and teate more work for yourself. Work together in the stages that a tough for you, and you can help them push to the finish as	Mendora Liliana	6 48	14:03	7:15	22:09	8.00							
u had an okay race today. It wasn't great, but it wasn't terrible ther. You looked like you were running strong but pretty mfortably the whole way. I'm so proud of you for that being ur norm-I wasn't sure if you'd really be able to race much at all.	Mendoza, Liliana	5:48	14:03	7:15	22:09	8;06	28	3					
it you are doing fantastic week in and week out. Get excited for at week eard you say that you think you run better without the pressure the varisty race. I agree with that being the result, but it	Sim, Kathleen	6 48	14 07	7:19	22:10	8:03		1	19	<u> </u>			-
esn't have to be. You have worked your butt off all season and summer, so I want you to want to be in the varisty race! Next tek you can take your experience rading into the Open race at ofference and be rading for one of those top 18 places (top 10 would be better!! You have to be comfident steroints to the line—													
d you should be confident because we know you have it in you ong race today! If you convert your time, you would have set a (for the 3 mile race! You closed the gap on Kitty and Kathleen, it you were still kind of stuck in no-man's land. Don't be afraid	Scheerenberger, Kitty	6 40	14 15	7;35	22:25	8;10			111			3:16	5
run with them next week! You can do it! I am confident you n have a huge PR next week! Nice job!	Stonehocker, Anna	6.56	14:24	7:28	22:40:00	8:16			34				
other solid race, kiddo! You have strung together several greet ces, and it's been so awesome to see! Keep closing on that oupIf you can be with Liliana and Meghan (and Emma and													
ow! You stepped up big time today! It was so great to see you	Salmeron, Emily	7:02	14 32	7:30	22.44.00	8:12	Sc	-					_
te like you've been practicing! Awesome job running with Emily: the first 2 miles. You have been working so hard, and it's ying off for sure! Stick with Emily, and close on our front group on more next week! You can do it!	Allen, Naylah	7:02	14-32	7:30	22:54:00	8:22	59						
u had a great race last week, and just looked kind of stuck this low lave one more conference race left of your high school ss country seasonI's now or never! Don't hold back, and n't doubt yourself. We talk about how consistent effort over ne is what creates success in distance running. You have literally)												
d 4 years of consistent effort and training. Use that to build or confidence so that when you get to the line, you believe you in keep up with our front pack in the open race and finish your	Dillman, Alexandra	7:16	15 07	7:51	23:44:00	8:37			55				
ur first mile was great! Remember why you train! Keep rolling it this week to stay nice and loose so you have no second oughts or excuses during the race. You are physically tough and ong, so you just need to keep your focus during the race and try						5.57							
catch people and beat them to the chute! In the middle of the	Goduto, Angle	7:06	15:07	8:01	23:55:00	8:48	87	,					
for to last week, 24:58 would have been a 3 mile PR, and you ran at on a 3.1 mile course! That just shows you are in much better ape than you realize! Great first miledon't lose your focus on les 2 and 3. You have been training all season and are in much ther shape now. A 3 mile race should be no problem-you've got				5.42		3.70	3.						
nuge opportunity to PR by a ton at conference! Think positive d go get It!	Patterson, Ellery	7:33	15:53	8:20	24:58:00	9:05	105	5	1				
i proud of you for stepping up and racing. You continue to work rough pain and typ ong to the tracting and ficials like each rele. That is incredible. Now for a sittle tough low. You're a more officially and the sittle tough low. You're a more officially and the sittle tough low. You're a more than you you to trun the yourself in races, and you've done it every week. I we you so much reful for racing, buy for unate it so much refer on youself by doing it alone. You have one shot at other creating the short and you must be so much to so the site of the received to race as hard as you can. Sindle is 3 miles no matter free or to receive a hard as you can. Sindle is 3 miles no matter free or the reach a hard as you can. Sindle is 3 miles no matter free or the reach a hard as you can. Sindle is 3 miles no matter free or the reach a hard as you can. Sindle is 3 miles no matter free or the reach a ratio as you can. Sindle is 3 miles no matter free or the reach and the sindle is a miles no matter free or the reach a reach and the sindle is a miles no matter free or the reach and the sindle is a miles no matter free or the reach and are the sindle in the sindle in the sindle in the sindle in the sindle in the sindle in the sindle interest in the sindle interest in the sindle interest in the sindle interest in the sindle interest interest in the sindle interest intere													
nat—so if you run faster, you get done faster and get to celebrate d get your feet up at the same time! Do not let yourself run ane—your job is to stay with our pack no matter what! etting your 5k under 30 minutes is one check point, but you need	Patterson, Maddie	7:19	15:52	8:33	25:11:00	9:19	_		37				
focus on continuing to PR as well. Conference is your last race is season, and I want you to put it all out there. I've seen you set OE pres in races, and I know this can be another one if you put ur mind to it! No negative thoughts and self doubt during mile focus on the positive, setting a PR, and beating girls to the													
orders on the positive, setting a Fig. and beating girs to the utel	Lopez, Jessica	8:27	18:17	9:50	29:12:00	10:55	156	-	4				-
	Gall, Elyssa												

Lee, Rosie							
 Krapez, Marie							
Weizeorick, Shannon							
Sniegowski, Madison							

Wolf, Becca

	1		I- 1	T						T	_	1
			Frosh									
Varsity			Soph			Open			- }			
						Downers						
	1					Grove						
Yorkville	37	1	Batavia	75	1	South	37					
			Neuqua	1					- 1	1		
Batavia	44	2	Valley	78	2	Batavia	80				1	
			Glenbard			St Charles						
Oswego East	103	3	East	97	3	East	129	$\overline{}$			-	
			Downers			Neuqua		i				
Neuqua Valley	105	4	Grove South	100	4	Valley	139					
			Wheaton		_	1						
St. Charles East	124	5	North	131	5	Yorkville	148					
Glenbard East	186	6	Fremd	131	6	Fremd	151					
			St. Charles			Glenbard						
Chatham Glenwood	192	7	East	154	7	East	155					
						Wheaton						
Wheaton North	251	8	Yorkville	171	8	North	173				1	
						Oswego		I	- 1			
Rosary	275	9	Oswego East	228	9	East	175	\longrightarrow				
West Aurora	276	10	West Aurora	290	10	Sandburg	254					
Arrowhead WI	68	11										
St. Charles East	72	12										
			1			1						
L								_	_		1	

-			10/14/17	SPC Confer	ence at Ch	annahon	Er/Po	Oren	Varetu	Mile 4e				
	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/8o Place	Open Place	Varsity Place	Mile to Go	Last Year PL	Last Year TimeS		Last Year Difference
Nice race today! You did exactly what you needed to rar	1									1.0				
smart mile 1, moved at the 1.5, and took off mile 3. Way to get past the parts last year that didn't go so well and	1													
get to that finish line. Top 3 in conference! Way to go!														
Next week you should see yourself in the top 3 as well,	Flammersfeld, Abby	5.54	12.10	6:25	10.22	6.00			Ι.]		
Great Job, Abby What an amazing race for you today That chip on your	Flammersteid, Abby	5:54	12:19	6:25	18:22	6:03			+	-	18		0:00	
shoulder proved to help you out and get you in that top				1		1								
18-and shooting for the top 10. You are one of the very,														
very few athletes who actually PR'd today, which shows how much better you are than even some of the times	1							1						
you've run this year. Way to step up and lead our pack to					- 3	11								
a great race today. Keep it up the next 3 weeks, and all														
those goals will be achieved—just like becoming All	Panashawahi Ada	6:05	12.27	633	10.50	611			l					
Conference Congrats You ran strong today, Morgan You should see yourself	Bonczkowski, Amanda	0.03	12:37	6:32	18:50	6:13		+	11	-	19	1	0;28	
with the top girls in our conference, and this was a big														
step forward. Way to work with our pack and keep														
pushing towards the front. Mile 2 was a little slower, which isn't surprising, but something to keep working on		i												
for next week. You should see yourself in the top 10-15 in							-							
our Regional tool Great job!	Ede, Morgan	6:02	12:37	6:35	19:04	6:27			14		28		0:42	
Week after week, you are running well and should be														
gaining so much confidence! You are ready for a big PR in the weeks to come. Keep working with our pack, moving														
to the front of the race as the race goes on. In the next														
few weeks, make sure to go with the race so we can really														
do some damage up front Keep It up, Katherine Great	CI V_AbI_	5.05	42.44											
obl Congrats on your first All-Conference honor!	Sim, Katherine	6:05	12:41	6:36	19.07	6:26		+	15		5 FS		0:45	
Whew Congratulations Take a deep breathgetting that race under your belt, accomplishing All Conference,									1					
and running so well should give you so much confidence!									1					
We'll keep working in the weeks to come to make sure									1				7.7	
that continues to happen. Remember, you have done the foundation work and the miles all season, and this is why!								1	1					
You ran great, and have even better races ahead in the														
weeks to come! Stay on top of your	Standish Kenda		40.00		40.00				1					
icing/rolling/exercises. Great job, Kendral	Standish, Kendra	6:04	12:40	6:36	19:08	6:28			16		23		0:46	
Nice job kiddol Ali Conference! Congratulations! Looking at how the race progressed, you dropped back a little	1							1	1					
more than we would have liked. You are good enough,									1				- 10	
strong enough, and fast enough to stick right in our pack-														
and we need you in there! You ran great and accomplished a big goal. The weeks to come should be														
focused on racing with our pack and pushing to the front														
of the race. Think about making that move at the 1.5 mile											-			
mark and then trying to roll a little more mile 3. Great	L													
jobi	Webb, Kara	6:05	12:47	6:42	19:22	6:35			18		4 FS		1:00	
You ran strong today, even though I know you are faster! You were a little compromised, which I think is where the														
slower splits came from. In the weeks to come, you have				3.0	- 9				100					
to stick with our pack early so you can continue to move		1												
with them during the later stages in the race. If you get				1 1					1					
disconnected too early, it's so hard to make up ground. We also need 7 strong in the race, and you have worked									1					
too hard to not put yourself in with our other 6 runners.	-3													
You can do it1 Stick stick stick!	Gyori, Isabella	6:18	13:29	7:11	20:30	7:01			32		30		2:08	
You have had a great season! I know you're disappointed,														
but you still ran very strong and finished in the top 15 in the conference! Even with as much improvement as you														
have had, you still haven't tapped into your full potential														
yet. Keep working, and it will definitely pay offi Great											4.11			
inbl For the weeks to come, keep focused like you are														
racingyou need to be mentally prepared to race, which is a challenge I know you are up to!	McKillip, Emma	6:36	13:49	7:13	20:54	7:05	1	5						
You moved up very well in this racel. Unfortunately, the								-						
first mile was a little slow, so you didn't see the race														
reflected in your time. You moved up in the race better this time. Be very happy with the 2nd and 3rd miles but											100			
know that your first one could have been a little quicker														
to maintain contact earlier on. Overall, great job!	Nepereny, Alyssa	7:02	14:01	6:59	21:00	6:59			3				- 4	
You got after this race like you should. Don't lose		-					15-							
confidence! Think about how hard you have trained, week in and week out. Your body is capable of more than														
you think—it's the head that needs to follow! Keep								1						
working your butt off, and you will be one of the big														
reasons we meet our team goals in the weeks to come! I			1								=			
think in this race, a little physical pain and a little loss of confidence in the middle of the race is what causes you to														
ose steam. The best runners are the ones who push									=			= _		
through it and get everything out of their training														
possible. That has to be the only thing on your mind mile 2. Stick stick stick!	Gail, Elyssa	6:21	13:54	7:33	21:01	7:07								
Z. STICK STICK STICK! You came back strong in the 3rd mile, but lost a little	provi, ciyaan	0 21	13.39	7:33	21 01	7:07		-	7	\vdash		\vdash		
ground mile 2. I know the past few weeks have been				-		-								
tough—which is expected when you go from junior high to							=							
high school and think about how much you have done														
dating back to summer. You have trained this hard for a reason, and it definitely paid off. You have a lot to be														
proud of and a lot to look forward tol	Garcia, Sammie	6:43	14 09	7:26	21:04	6:55	1	6						
This was a better race for you-getting back into racing														
well again! It was great to see you at the front of the race								1						
where you should be! You are strong enough to have a faster mile 2, but I know you know that. Think about your								1					1	
form and pushing through those tough patches. In your														
mind, it helps to break the race up into smaller chunks,													- 1	
which could be really helpful. Keep up the great work and	Scheerenberger, Kitty	6:35	14:09	7:34	21:17	7:08			ا					
great training, and the races will follow! Great job! Miles 1 and 3 were great! Based on splits, it looks like you	penecionoeiger, Kitty	0:35	14:09	/:54	21:1/	7:08		-	0			\vdash	\rightarrow	
lost a little focus and probably had some pain during mile														
2. This is something to keep working on. You have			-										- 1	
pushed so hard in practice to get to this point, so don't													1	
forget that in the middle of a race and take a break. 3 miles is 3 miles, so you might as well give it all you've got														
													1	
and keep your focus on getting to that line and beating	l					_		1					- 1	
people in those rough patches. Nice job being in the top			14.70	0.00	21:44:00	7:06:00		1	41		1		- 1	
people in those rough patches. Nice job being in the top 181	Sim, Kathleen	6:36	14:38	8:02	21.44.00	7.00.00			4					
people in those rough patches. Nice job being in the top 181 From last year's conference meet to this year, you ran	Sim, Kathleen	6:36	14:38	8.02	21.44.00	7.00.00		 	ilo	Spi				
people in those rough patchas. Nice job being in the top 181 From last year's conference meet to this year, you ran almost a minute faster! You had so much improvement	Sim, Kathleen	6:36	14:38	8:02	21.44.00	7.00.00		<u> </u>	10	Sy				
people in those rough patches. Nice job being in the top 181 From last year's conference meet to this year, you ran	Sim, Kathleen	6:36	14:38	8.02	21.44.00	7.00.00		<u> </u>	jo.	Sp				
people in those rough patches. Nice job being in the top [38] From last year's conference meet to this year, you ran almost a minute faster! You had so much improvement this year, and i know there is even more improvement	Sim, Kathleen	6:36	14:38	8.02	21.44.00	7.00.00			100					

										0740		,	
you have improved so much in just one year! it's	-0												
incredible! I still think you don't give yourself enough													
credit for how good you are and how good you are going to be. Your workouts have been great, and your races are							V					1	
really coming along as well. Your mental toughness is	l i							1				f .	
impressive, and I can't wait to see what you accomplish	1				- 1			. 1					
moving forward. In today's race, you ran well, but I know													1
you are actually good enough to be in the top 18 hope you take that into next season and keep working hard!	Mendoza, Liliana	6:43	14:22	7:39	21:58	7:36	22				00		
First mile was great, and then you started running rather													
than racing today. The fact that 22:04 is comfortable for						7			1		1		
you and looked so easy is awesome! I think you have just				1					- 1				1
scratched the surface of how good of a runner you could be. You have speed, and you have gotten stronger and									- 1			1	
better with distance training. Keep It up, and keep		consisted a		11 11 11 11		110000000000	Control Control		- 1				
working hard with your teammates Great job!	Salmeron, Emily	6.56	14:37	7:41	22 04:00	7:27:00	24				-	4	- 3
You a most set a PR today, which not very many people													
did! The last few races have been very good for you-and you are looking more powerful and strong in them. Great											1	1	
ob running with Emily and not failing back and losing												1	
contact. You still have more in you, and you'll continue to									1				
improve by a lot each season! Keep it up!	Allen, Naylah	6:56	14:37	7:41	22:10	7:33	25						
You ran through all kinds of emotions and postures in the													
race today. First mile was great, from the 1.5 to the 2.5 was pretty rough, and then you pulled it back together													
the last 800 meters to finish strong. You should know you													
are good enough to stay in that top 18 and earn an award							S	1			1		1
know you had a cramp, and that changed your form, and					l l			l i	1		1		
you lost confidence and let some girls pass you. Try to keep pushing, and stick with the first girl who tries to pass									- 1		1	1	
you while you work out the cramp. Great job finishing the		10000		100000		500-00							
race strong! Keep working hard!	Stonehocker, Anna	7:03	15:05	8.02	23:03	7:58		23		_			
Couldn't ask for a cooler finish than for you to be the tie				100									
breaker for the team title. I know you aren't happy with	1											1	
your time, but running isn't always about that. I believe you are a better person and our team has been better for						1							
having you the past four years. It hasn't always been					I								
easy, but knowing the impact you made should make you	Dillege Alexander	7.70	15.00	9.00	23:40	8:05		29					
very proud! Great job!	Dillman, Alexandra	7:26	15:35	8:09	23:40	8:05		23		-	-		
know you had some anxiety going into the race and													
further hurting yourself. You did a great job once the race started! You looked good, smooth, and were smiling! I]									
know it's never appealing to think about starting a race				1								1	
and not finishing it, but if you don't start, you'll never												1	
now! Great job pushing through and finishing in the top	Goduto, Angie	7:29	15:49	8:20	23:50	8 01	39						
half of the race! You might not be super happy with the time you ran	Pounto, Aligie	7.23	2,3,43	0.20	23.50	0.01	1 3				- 20		
today, but you did things in the race you haven't done all	2											1	1
season, and you really put it out there! You got out well													
mile 1, and you made a HUGE move to get back with					- 1							1	
Alexandra and in order to not run by yourself! That was					- 1							1	
arnazing to see! Those moments are things you can look back upon and have confidence that you have the					- 1						1	1	
strength to make them happen. It wasn't an aif-time PR	L _p -			2,000		727.00							
today, but it was a season PRI I'm proud of you Maddle!	Patterson, Maddie	7:27	15:49	8:22	23:58	8:09		35				-	
Every race is more experience for you and a step in the										1			l I
right direction. You improved a ton this year, but I want you to know you have a lot more in you! Keep working		1										4	
hard, and don't be afraid to get out of that comfort zonel								1 1	- 1				1
You are running strong, the next step is trying to race and								1					1
neat people! Today was solid, but you would have had to				1	1								1
push more miles 2 and 3 to set a personal best. Nice job-	Patterson, Ellery	7:42	16:06	8:24	24:14:00	8:08:00	1	43				1	
keep working hard! Very proud of you for all the effort all season, and for	ratterson, Enery	1.44	10.00	0.24	24.24.00	0.00.00	1	- 17				1	
finishing this race strong! We definitely figured out a				1							1	1	1 1
atrategy that works for you, and one to apply to both				1									
racing and life. Break things up into manageable pieces,		the state of the s										1	1 1
and they don't seem so bad Great job, and way to push to the finish!	Krapez, Marie	8.09	17:32	9:23	26 56 00	9:24:00		77					
Your last 3 races were all well below 30 minutes, which is	Atapez, Warte	0.03	47734	1	20 30 00	3.2.7.00						1	
great Remember that distance training is what makes it	1			1							1		1
possible to run the same time for all 3 miles. Your next													
goal should be 24:00 running 3 x 8 minute miles. You												1	1 1
can do it! Great effort this season, and keep working												1	
hard! There are no limits with how much you can improve in distance running.	Lopez, Jessica	8:13	18:13	10 00	27:59:00	9:46:00	9	86			1		
				-			-	1					
Thanks for your help today!	Lee, Rosle							-	_		-	-	
Thanks for your help today!	Sniegowski, Madison												
Thanks for your help today!	Wolf, Becca												
names for your new county											1		
	Weizeorick, Shannon			1			-			-	_		1
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	Minooka	37	1	Minooka	21	1	East	47					1
	Minooka												
	Oswego East	59	2	Oswego	54	2	Oswego	47					
	Oswego	69	3	Oswego East	98	3	Minooka	49					
						-	Plainfield						
	Plainfield North	71	4	Joliet West	99	4	North	85					
	. americal Hartill		•	Plainfield				33					
	Plainfield South	160	5	North	107	5	Joliet West	119					
	Connect Journ	200	2		107	_							

About the list of our man was supplied. You did it in the command to miss the command			10/21/1	7 IHSA Regio	nal at West	Aurora St	uart Sport	s Comple	х									
The control of the co		Athlete						Fr/So	Open Place	Varsity Place	Mile to	Last Year Pt.	Last Year Time	Solit from #1	Last Year Difference			
The Control of the Co	The first half of your race was perfect! You did let the OHS girls go a bit, but were able to come back on them								1				7444 1898	, ment #4		1	1 -	
The control of the co	and stay in the top 5 in the end. Next week, you need to																	
The control of the co	are to the front of the race, the better our chances are of							1										
The control of the co	season. You just need to stay focused on doing your job								1									
Secretary of the control of the cont	mile race, and we still have to race it just like everyone										l							
The control of the co	mile, and fly mile 31 You've got this, Abbyl You have	L																
The control of the co	worked so hard, and it's all going to be worth it! Overall, you ran great today! Keep those times	Flammersfeld, Abby	5:40	11:48	6:08	17:57	6:09	1	-	5				0			-	
The control of the co	dropping. you ran with confidence and a great rhythm																	
an order. The first of the company o	your form and channel those wickets in the final 400								1									
The control and an other before the research and the control a	top runners. The closer you can be to the front of the						l	1										
The comment of the co	breath, relax, and race! Great job today! I'm so excited				411											l		
The control of the Control of Con	for you for next week! You ran strong today, and I'm still feeling a huge PR next	Standish, Kendra	5:49	12:07	6.18	18:28	6:21			15	_			0:31		<u> </u>	-	
greate, a fortune of an inches demonstrated and inches	weekyou are ready for it! Although we were solid, our																	
which the first plant gain are served in the control of the contro	together. A race like that feels different and plays out	i																
The control of the co	working through the tough parts together. Be the catalyst							i										
Set Authorities (1997) Set Au	be in the top 35-which is what we need to do! I'm so							ļ										
the graph of the filter of the control of the contr	visualize itand make it happen!	Sim, Katherine	5 50	12:17	6:27	18:40	6:23			19				0:43				
The company of the co	Is little tight mile 2 and didn't quite move like we know																	
resident of the charge of the	you are capable of doing. I know your last mile can be- and will be-much faster next week. When state is on the																	
which there was the problems of the problems o	line, you will find that extra gear and push to the finish.									1								
### Comment of Comment	early in the race. Keep Neugua's 1st and 2nd runners																	
the Address of the street by the high price from the Merchant of the Street Str	look back! You got this, Morgan!	Ede, Morgan	5:49	12:12	6:23	18:40	6:28			20				0:43				
trees, Total your believes with your believes the control of the c	the challenge and are a go-to in high stakes races. You																	
The first of the f	strong. Today, when ideran told you to take off you did.																	
The control of the co	Have the confidence to move sooner in the race and really move up in the last mile. You have done the work for 4	1																
Secretary (1997) The secretary (1997) The	years, and it's time it will pay off! I'm so excited for you and know you can belo push our pack into the too 35 at			_														
In all and earth common than the discription that are is to be common than the discription of the common than the discription of the common than the common th	Sectionals. You can do it, Amandal	Bonczkowski, Amanda	5 51	12 25	6:34	18:51	6:26			23				0:54				
The control of the co	and were several meters back throughout the race. You												I					
section of the control of the contro	ttick right in our pack. I'm proud of your efforts,																	
year to the Park and	especially with the way the week started for you. I'm confident you will have a tremendous week and race next													-				
Cold Refer Cold and Control Control Cold Cold Cold Cold Cold Cold Cold Co	week-and we need you-so that we can accomplish that big exall. Top 35 should be your goall. Great job today?	Webb, Kara	5:54	12:22	6:28	18 54	6:32			24				0.57				
et utes. Feet merit, melt set all praeably to product in a product of a 150 miles of the control	CONFIDENCE is the name of the game for you. The first					10.5								- 0.37				
required to a Set of the Set of the Set of Set of the Set of Set	best start. Next week, mile 1 will probably be similar in												ļ					
Avary to the second sec	respond to a 6:05 with 6:30's rather than 7:00. I want you																	
retain from the first of choice or or to low parks. See the first of t	where you are. As our #7, you matter and will have a																	
registrate registrate from the charge of the control of the contro	greater impact the closer you are to our pack. Be																	
Such you for loans grow- on particise and at a palled to the set of a read of the set of	weight room, and that they will pay off in the final	Gvori. Isabella	6:05	19:12	7:07	20:22	7.10		ĺ	51				2.15				
care hardware for the company of the	processor of the rock. The carried It, Descript	a part, soud and	0.02		7.07	20:22	7.10			34				2.25				
all lose fair favoriet, you dir are noted; float younged to a lab of the young of the lab of the young of the lab of the young of the lab of the young of the lab of the young of the lab of the young of the lab of the young of the lab of the young of the lab of the young of the	Thank you for being you-so positive and so poised in the current situation. Keep doing exactly what you're doing																	
See by the left By cad left By	and know that if needed, you will race amazing. If not,											ľ	i					
Varsity Batavia 29 Dawego 77 Dowego East 82 Metea Valley 103 Neugua Valley 103 Neugua Valley 103 Waubonie Valley 114 West Aurora 198 East Aurora 222 East Aurora 222 East Aurora 198 East Auro	everyone else to be the best they could be. Thank you for	Gall Flueca											- 1					
Satavia 29	an your reep, and sees per ready for ment week	Out, Ciyasa															l .	
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		10/29	/17 IHSA Sec	tional at W	auboncio V	/alley Hiel	ı School							
		10/28	T INDA SEL	tional at w	l annouse r	aney rigi	Fr/So	Open	Varsity	Mile to	Last			Last Year
	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place		Go	Year PL	Last Year Time	Split from #1	
Woo hoo! Whew! Take a deep breath! All the things that were so nerve-wracking before are done! You have done.														
a tremendous job leading this team all season, and today											1			
you got to experience the thrill of qualifying for STATEL I														
know this wasn't even on your radar as a freshman, and I											1			
can't commend you enough for what it took to get to this place. You were strong and composed, but I really don't									1			1		
think this was your best race even. I'm happy about that	ŀ									1			İ	
though-you did a fantastic Job, and now you can relax			1					1						
that the team has qualified and just race your heart out next week! Congratulations, Abby!	Flammersfeld, Abby	5:54	12 22	6:28	18 36	6:14		1	15					
Ahhhh! Congratulations! You ran a perfect race today!	r initial stella, ribby	3,34		0.20	10,50	- 0,1	1	+	1	1				
Coach Ideran and I were both very impressed by your							ı						ĺ	
poise and ability to know where you were in the race and to execute perfectly. You ran great and are officially a										1				1
STATE QUALIFIER! Nice job, Kendra!	Standish, Kendra	6.02	12 36	6 34	19.05	6 29			31		1			
Congratulations! State Qualifier! You ran great today and														
moved up in the race and tracked down a lot of the girls														
we needed to catch in order to meet our goal! I'm so proud of you, and you deserve to be so proud of yourself!									1					
Great Job, Morgani	Ede, Morgan	6.05	12:53	6.48	19 09	6:16			34	1				
Yayl You ran awesome!!! This was definitely one of your								1						
best races ever, and I'm so proud of youl I think it's funny														
that you thought you guys hadn't done enough to qualify, when you did everything we could have asked! Great job,														
Karal	Webb, Kara	6:05	12:46	6:41	19:10	6 24			36					1
Congratulations! State Qualifier! I'm so proud of your														
efforts all season long, and I wish I had been able to see											ì			
your last 200 meters because I heard it was amazing! Way to never give up and keep passing girls until the														
finish. Those moves are why we qualified for STATE!														
Awesome job, Katherinel	Sim, Katherine	6:05	12 54	6 49	19:16	6 22			39					
Congratulations on achieving a huge goal I know you have														
had for a long time! I'm so proud of you and your continuing efforts throughout the past four years, and of		l						1	1					
your race today! I'm sure there were tough patches, but							ľ							
you never gave up and you pushed to the end with your										l				
teammates, just like you know you needed to and we knew you could! Great job, Amanda!	Bonczkowski, Amanda	6:07	12 53	6:46	19:18	6:25			42					
Woo hoo! State Qualifiers! You ran tough today and	DOTICZKOWSKI, ATRIBITUB	0.07	12 33	0.40	15,10	0,23		_	42	_	-			-
should be so proud! Remind yourself that you are capable		:								l			İ	
of a big break through and now you have another chance	Cuari Isaballa	6.26	12.20	7.11	20.47	7.00								
to do it at STATE! Congratulations, Isabella! Great job!	Gyori, Isabella	6:26	13 39	7:13	20:47	7:08		+	102					
I know you didn't get to race today, but you have been so instrumental in this team accomplishing this goal, so														
congratulations! I appreciate every day you show up and					1									
push our team to be better!	Gall, Elyssa													
		-						_	_					
								+	+					
														_
	Varsity													
	Naperville North	27						1	+	-				
								+	-					
	Batavia	96												
	Oswego East	151				_								1
	Naperville Central	165						1	1	Ì				
	Oswego	165						1			\vdash			-
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	Neuqua Valley	202												
	Geneva	208						1						
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	St. Charles East	246												
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