



8/23/18 at Plainfield Central

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	Split from #1	Last Year Difference
Zarembski, Madison	6:19	12:55	6:36	19:12	6:17				1				
Ede, Morgan	6:19	13:02	6:43	19:35	6:33				2		19:39		0:04:00
Allgaier, Leah	6:27	13:25	6:58	20:10	6:45				3				
Barroso, Ana	6:27	13:26	6:59	20:21	6:55				4				
Webb, Kara	6:19	13:25	7:06	20:31	7:06				5		20:14		-0:17:00
Gall, Elyssa	6:19	13:26	7:07	20:38	7:12				6				
Sim, Katherine	6:19	13:24	7:05	20:43	7:19				7		20:06		-0:37:00
Allen, Naylah	6:20	13:41	7:21	21:08	7:27				8		23:09:00		2:01:00
Mendoza, Liliana	6:42	13:58	7:16	21:09	7:11				9		23:00		1:51:00
Sim, Kathleen	6:40	14:13	7:33	21:56	7:43				11				
Garcia, Sammie	6:42	14:24	7:42	22:07	7:43				12		21:10:00		-0:57:00
McKillip, Emma	6:42	14:24	7:42	22:11	7:47				13		22:09:00		-0:02:00
Hartigan, Nicky	6:40	14:30	7:50	22:17	7:47				14				
Dunn, Katie	7:09	14:57	7:48	22:43:00	7:46:00				15				
Clark, Ana	7:04	14:55	7:51	22:44	7:49				16				
Castelan, Yocie	7:07	15:14	8:07	23:00:00	7:46:00				17				
Ede, Molly	7:07	15:01	7:54	23:00:00	7:59:00				18				
Murphy, Meghan	7:01	15:14	8:13	23:28:00	8:14:00				20		21:55		-1:33:00
Goduto, Angie	7:54	16:02	8:08	24:31:00	8:29:00				23		23:12		-1:19:00
Banks, Mallory	7:26	16:19	8:53	24:59:00	8:40:00				25				
Wolf, Becca	7:30	16:02	8:32	25:12:00	9:10:00				26				
Sniegowski, Madison	7:46	16:51	9:05	25:33:00	8:42:00				28		30:32:00		4:59:00
Patterson, Ellery	7:46	16:51	9:05	25:40:00	8:49:00				29		27:08:00		1:28:00
Hemmer, Emily	8:07	17:20	9:13	26:19:00	8:59:00				31				
Wilke, Lanaya	8:06	17:33	9:27	2:42	9:09				34				
Lopez, Jessica	8:04	17:51	9:47	27:10:00	9:19:00				37		31:03:00		3:53:00
Krapez, Marie	8:03	17:52	9:49	27:19:00	9:27:00				38		28:02:00		0:43:00

Amer, Madison													
King, Hannah													
Salmeron, Emily											24:23:00		
McGavin, Mary													
Scheerenberger, Kitty											23:34		
Viano, Gaby													

Team Results:		<p>Coach Notes: Today we tried some specific race tactics with various groups. Overall, mile 1 was close if not spot on, but we have lots of room for improvement over miles 2 and 3. It is quite challenging to execute a race plan from start to finish, and this was a tricky one today. We have to be willing to move out of our comfort zones moving forward, especially when the race gets real (after mile 1). Continue to work on trusting your teammates and building through the race as a pack! Improvements from last year were recorded by Morgan Ede, Naylah Allen, Liliana Mendoza, Madison Sniegowski, Ellery Patterson, Jess Lopez, and Marie Krapez. Maddie Z recorded her first meet win as a wolf! Leah Allgaier and Ana Barroso placed 3rd and 4th, so our freshman class went 1, 3, and 4! Great job, ladies!</p>
Oswego East	15	
Plainfield Central	50	

9/1/18 at TF South Rich Dust Invite

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	Split from #1	Last Year Difference
Zaremski, Maddie	6:09	12:35	6:26	18:48	6:13				1	1		0:00	
Ede, Morgan	6:11	12:43	6:32	19:17	6:34				3	3	18:56	0:29	0:21
Sim, Katherine	6:12	12:58	6:46	19:49	6:51				5	5	19:09	1:01	0:40
Webb, Kara	6:22	13:28	7:06	20:30	7:02				6	6	19:34	1:42	0:56
Allgaier, Leah	6:33	13:44	7:11	20:48	7:04	2			2			2:00	
Gall, Elyssa	6:30	13:50	7:20	21:03	7:13				14	13		2:15	
Allen, Naylah	6:31	13:44	7:13	21:04	7:20	3			3		23:00	2:16	1:56
Barroso, Ana	6:30	13:50	7:20	21:05	7:15	4			4			2:17	
Clark, Ana	6:52	14:08	7:16	21:16:00	7:08	7			6			2:28:00	
Mendoza, Liliana	6:36	14:01	7:25	21:27	7:26				17	16	21:25	2:39	0:02
Hartigan, Nicky	6:42	14:08	7:26	21:41	7:33	8			8			2:53	
Sim, Kathleen	6:36	14:04	7:28	21:42	7:38				18	19	21:10	2:54	0:32
McKillip, Emma	6:54	14:25	7:31	21:45	7:20			1	1		21:34	2:57	0:11
Garcia, Sam	6:51	14:33	7:42	22:07	7:34	10			10			3:19	
Ede, Molly	7:05	15:10	8:05	23:12:00	8:02			3	3			4:24:00	
Dunn, Katie	7:06	15:25	8:19	23:13	7:48	12			12			4:25	
Banks, Mallory	7:18	15:43	8:25	23:14:00	7:31			4	4			4:26:00	
Murphy, Meghan	7:18	15:49	8:31	23:30:00	7:41			7	6		21:17	4:42:00	2:13:00
Viano, Gaby	7:21	15:47	8:26	23:58	8:11			12	10			5:10	
Goduto, Angie	7:11	15:18	8:07	24:08:00	8:50			13	12		22:23	5:20:00	1:45:00
Patterson, Ellery	7:45	16:34	8:49	25:22:00	8:48			19	18		26:07:00	6:34:00	0:45:00
Wilke, Lanaya	8:07	17:30	9:23	26:53:00	9:23			26	25			8:05:00	
Sniegowski, Madison	8:06	17:47	9:41	27:09:00	9:22			28	27		27:36:00	8:21:00	0:27:00
Lopez, Jess	8:17	18:32	10:15	29:03:00	10:31			37	33		27:11:00	10:15:00	1:52:00
Amer, Maddi													
King, Hannah													
Castelan, Yocie													
Wolf, Becca													
Hemmer, Emily													
Krapez, Marie										26:04:00			
McGavin, Mary													
Salmeron, Emily													
Scheerenberger, Kitty													

\*Still waiting for official results to be emailed...

Team Results:						Coach Notes: Today was a day we should be proud of as a group for many reasons. While we won the races, it was more the little actions and behaviors we observed that are more important than that. We saw a lot of fight in you guys today. We won a lot of the head to head battles that show your determination and perseverance. We saw a lot of great teamwork, whether it was in the timers/split takers/photographers doing everything they could to benefit the team even though they couldn't run, or the fact that Maddie, after winning the race, high fived everyone coming through the chute to say good job. Obviously we pulled out wins in all 3 races, which is a great feat to accomplish. One thing we need to continue to work on is keeping in contact with those racing. Even though there were a lot of girls in the race, a lot of our team ran by themselves. You train together to race together, but it takes effort and work to make it happen! Keep up the great work! You guys are off to a great start!		
Varsity:	Fresh/Soph:		Open:					
Oswego East	29	1	Oswego East	24	1		Oswego East	27
Lincolnway Central	37	2	Joliet West		2			
Joliet West		3	Lincolnway Central		3			
		4			4			
		5			5			
		6			6			
		7			7			
		8			8			
		9			9			
		10			10			
		11			11			
		12			12			



9/15/18 at Richard Spring Invitational \*Detweiler\*

Feedback	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	Split from #1	Last Year Difference
What a fantastic race for any athlete of any age, much less a freshman this early in the season! You ran an incredible race today, and I know you have even better races still to come! Now the difference is, you can take the confidence from this race and know that you can hit the times we give you! You had an excellent start, moved up in the middle, and finished strong! Great job, Maddie!	Zaremski, Maddie	5:35	11:37	6:02	17:42	6:05			15					
You ran an all-time PR today and did a fantastic job on the state course so early in the season! Breaking 18 is definitely within reach now, and it's going to be an exciting series of races to come! I know miles 2 and 3 can be faster by the clock, but you looked strong the entire race. Keep up the great work, and keep working in tandem with Maddie! Awesome job, Morgan!	Ede, Morgan	5:43	12:02	6:19	18:18	6:16			38		48	18:52		0:34
Today was literally one second faster than you ran here last year, but we all know you are in way better shape than your race showed. Take it as a positive that today wasn't your best race, and yet it was still right up there with one of your fastest from last season. Keep in contact earlier and believe that you belong! You did a respectable job for sure, but we need you working more with Morgan and Maddie for our team to really run well!	Sim, Katherine	5:53	12:26	6:33	18:58	6:32			89		59	18:59		0:01
Holy cow! What a race for you today! Not only is this an incredible improvement from this season, but to look at where you were last year and see where you are now—it's so inspiring! Couldn't be more proud of how you ran today, and we are so excited to see what the rest of the season has in store for you! Keep it up—you are looking so strong and on pace for an incredible season!	Allen, Naylah	6:06	12:41	6:35	19:15	6:34	12							
We are super proud of your first varsity race, and we know that with more experience at this level, you'll just get better and better. This was definitely a tough race to run with varsity for the first time, and you did a very respectable job. I'd like you to start seeing yourself with that top pack. As a team today, we just had too many gifts between our runners, and that's something you will get better at with each and every race. For now, great PR and awesome race today!	Barroso, Ana	6:11	13:04	6:53	19:48	6:44			176					
While I wouldn't say you ran bad today (still faster than you ran here last year, and still a season PR), your workouts lately have shown that you are capable of a huge leap up. We are literally just waiting for you to race to show your fitness and abilities. Mile 1 was great, but you lost your rhythm mile 2 and got kind of disconnected from the race mile 3. Keep working hard in practice—your races will show your improvement in no time!	Gall, Elyssa	6:08	13:06	6:58	20:09	7:03			205	24 O		20:34		0:25
Not really sure what happened today. Obviously there are situational things that we can improve upon for next time, but this was just not a good race for you. You are typically a scrappy runner that sticks and moves up well through the second 2 miles. You will feel physically better when we are better rested, but your workouts have been strong, and we know you are so much better than you raced today (even if your legs were tired). We are relying on your experience and leadership this season, so the focus you've had in the past is something we need to get back asap! Keep working and building your confidence, and stay connected to our pack. I'm confident this will be a race you can learn a lot from—so take those lessons into the rest of the season and turn today into a positive!	Webb, Kara	6:07	13:04	6:57	20:12	7:08			209		75	19:09		1:03 slower
Finally! We are starting to see what you are capable of because you are letting yourself get after a race and go for it! When you look at your splits, it is obvious you still have lots of room to improve and get faster, but holy cow was this a step in the right direction! It takes composure and confidence to move to the front of a race this size, and it was so amazing watching you do just that. I know you have some regrets about the last half mile or so, so take those into the next several meets and focus on that strong finish. Great job Lill!	Mendoza, Lill	6:19	13:33	6:54	20:21	7:08			13		84 O	21:47		1:26
So great watching you race today! You definitely bounce back and forth like a yo-yo when it comes to pace, but you will get better and better at that with more races and with more workouts under your belt. You followed the race plan very well, and your 2nd two miles have room to get faster as you get stronger this season. Great work running with your teammates and working throughout the race! Awesome job, Maddie!	Amer, Maddie	6:27	13:34	7:07	20:29	6:55	57							
You ran about a minute and a half faster than your other race this season, and you were right in line with what your Wolf times showed! You should really be thinking about breaking 20 minutes and working your way up in races. Mile 1 was very strong, and I know you can run faster miles 2 and 3. You are still building confidence and that takes time, but this was a huge step in the right direction today. Next race, get out the same mile 1, and focus on passing people miles 2 and 3. Great work, Hannah!	King, Hannah	6:23	13:34	7:11	20:34	7:00	61							
Today was maybe not as fast as we would have liked, because we all know that you are capable of breaking 20 minutes, but it was right up there with your all time best races regardless. You looked strong and confident throughout the entire 3 miles, and your form is showing it. You ran over a minute faster than at this point in the season last year! Keep telling yourself you can keep miles 2 and 3 closer to 6:40, and you will be in great shape! Nice job today...you are right there!	McKillop, Emma	6:27	13:36	7:09	20:36	7:00			22		76 O	21:42		1:06
You ran almost the same race today that you ran last year, based on the splits. I know you know you are capable of breaking 20 minutes any day now! The good thing is that this race was way more in line with what your Wolf times showed, and we know you are able to run even faster miles 2 and 3 in order to bring that time down below 20. Keep working and believing that you belong! You have some great teammates to train and run with...keep working together and success will follow!	Garcia, Samantha	6:27	13:35	7:08	20:36	7:01	62				33 O	20:44		0:08
Today was your first big varsity race, and your first race in a while. Looking at your first 2 mile splits and where you were before you bed up, you were on the way to a very strong race and a huge PR. These things happen sometimes, and you just have to learn from them and move on. Hydration and staying mentally relaxed should both help moving forward. Know that you belong, and even on a day that ended in one of the worst ways in terms of finishing the race, you still had close to a PR and got to experience running varsity at Detweiler. We are proud of you for finishing the race and finishing the day with your teammates. Time to recover and keep taking care of those shins as well!	Alligier, Leah	6:16	13:05	6:49	20:37	7:32			246					
What an accomplishment to have a lifetime PR in September of your senior year! What this means is that you have been through so many things that running can throw at you, and you are so much stronger today than you've ever been. I hope your splits are on breaking 20 minutes, because you are right there! Keep up the great work—you seriously impress and inspire us every day—from your positive attitude and how you never quit to the composure you demonstrate when handing setbacks. Great job, Kathleen!	Sim, Kathleen	6:24	13:31	7:07	20:45:00	7:14			25		71 O	21:37		0:52





9/21/18 at Naperville Invite

Feedback	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	Split from #1	Last Year Difference
First thing to know is that top 5 in this meet is amazing! You ran just how we wanted you to today—you put yourself in the top pack and ran hard (even without your watch) You looked like the last mile was a little strained, but we know you are faster than your clock time on that mile too. Great job being composed and going with the top crew...be confident that you can stick the last mile as well!	Zaremski, Maddie	5:45	11:53	6:08	18:05	6:15				5			0:00	
You definitely ran better than you think you did, but I'd like to see you finish a little stronger. When I talked to you, you thought you were barely in the top 40. I bet only 5 girls passed you, even though you thought it was a lot more. Bottom line is that we don't want you getting caught, but you need to focus on mile 3 and be the one catching. Keep closing that gap on Maddie so you guys can run together—there is no reason why you shouldn't be putting yourself in the top pack in races as well.	Ede, Morgan	5:52	12:18	6:26	18:52	6:34				24		19:32	0:44	0:40
You are consistently a little better time for time vs last year. You should know that you are a LOT better than you were a year ago, and you are capable of sticking with Morgan and Maddie in practices and races. Just like you made a huge jump from sophomore year to junior year, you can make a huge jump from junior year to senior year to give us the 1-2-3 punch at the front that we need! Keep up the great work and be ready to make that next jump!	Sim, Katherine	5:58	12:33	6:34	19:04	6:31				30		19:23	0:56	0:19
You are looking better and better with every race, and your confidence is building as well (as it should). A five minute improvement on last year's time is incredible! As we move forward, we need to close the gap and run together, and you are a key to that happening. We are so proud of what you have accomplished so far, and we do not want you to stop here! Keep it going and great race tonight!	Allen, Naylah	6:05	12:53	6:48	19:31	6:38				43		0:35	1:23	5:04
Breaking 20 now is a big deal because it's a huge checkpoint accomplished fairly early. Your focus should now be on breaking 19, which your Wolf cumulative times show is more than possible. You are going to be a key to this team meeting our goals this season, but you have to close the gap on our front crew. You have been getting stronger and stronger with every practice and faster and faster with every race. Keep it up...you are capable of running miles 2 and 3 closer to 6:15 than 6:45...so make it happen!	Gall, Elyssa	6:05	12:56	6:51	19:51	6:55				48		20:28	1:43	0:37
You ran tough with Elyssa most of the race today, but I wonder if you are pushing in the middle of the race as hard as you are capable. Don't be afraid to make the move and challenge Elyssa (or whoever you are with) to go with you and catch our front group. We have to close that gap, and you guys are the ones who need to make it happen. You are running fantastic and should be so proud, but don't stop now! Keep it up!	Barroso, Ana	6:09	13:08	6:59	19:52	6:44				49			1:44	
You are a fighter, and this is not the Kara we want to see in races. You are still running very close to what you ran last year, but you are ready to make that next jump, and our team needs you! All it will take is one breakthrough performance, and your confidence will shoot back up. There is no secret to success in distance running, but your consistent effort will pay off, and that breakthrough performance will happen.	Webb, Kara	6:09	13:08	6:59	20:08	7:00				51		19:59	2:00	0:09
What an incredible race for you today! You looked great throughout the entire race and just kept building up and passing people. I especially liked how you responded when we told you what to do, and you kept passing girls all the way to the finish. Great job today! Keep up the hard work at practice—it will help you keep improving at every race!	Clark, Ana	6:37	13:39	7:02	20:12	6:33	8						0:00	
Today you were only 10 seconds off what you ran at Peoria, which is great, but you are ready to make that next jump. You should be so proud of your approach and your races this season, and your challenge now is to keep moving up and to help us close that gap on our front group. Keep up the great work!	Mendoza, Liliana	6:14	13:20	7:06	20:31	7:11				58		22:10	2:23	1:39
I can't wait for your training and endurance to catch up to your speed and ability in races. You are getting better and better and more consistent over the 3 miles, but you definitely still have work to do. Keep being aggressive in races mile 1, and keep your focus on moving up miles 2 and 3. Surges every minute or every turn can help keep you moving the right direction as well.	Amer, Maddi	6:29	13:45	7:16	20:33	6:48	16						0:21	
Even though you should be so proud to be running over about a minute and a half faster than you were last year, we all know you are ready to break 20 minutes any day now. Keep going after mile 1 with confidence, pushing mile 2 with discipline, and trying to beat people the last mile with focus.	McKillip, Emma	6:26	13:36	7:10	20:42	7:06				62		22:05	2:34	1:23
Tonight wasn't too far off your season PR, but I am confident you can be improving your times each and every race. Your splits for mile 2 and mile 3 were too far inside your comfort zone, which is why they were as slow as they were. Keep your focus and be confident you can keep moving in the race and keep your times coming down.	Sim, Kathleen	6:27	13:46	7:19	21:06	7:20				67		21:40	2:58	0:34
The good news is, you ran 49 seconds faster today than you did last year. The bad news is, you are still running in your comfort zone and resisting the actual racing mode. You moved up in the race just like you did in practice this week, but you are still running strong vs running fast, and it is possible to do both. This week, your focus needs to be getting out of your comfort zone!	Garcia, Samantha	6:46	14:15	7:29	21:14	6:59	34					22:03:00	1:02	0:49:00











10/12/18 at SPC Conference at Channahon

Feedback	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	Split from #1	Last Year Difference
A few things to put in writing for you... one is that we know you are so fast and so good at this sport, and that the time you run doesn't even show your true abilities there (meaning I know your next couple weeks will produce faster times), but the fact that you ran with such confidence, poise, and purpose in a top pack that featured multiple time state qualifiers and all-staters is remarkable. To finish 2nd is incredible! I am so proud of you!!!! Keep it up and get ready for Regionals!	Zarembski, Madison	5:45	12:03	6:18	17:57	5:54			2					
You followed the plan pretty well today. The race strung out a little earlier than I expected, and I think your second mile shows room for improvement in where you need to stay in contact and stick. Visibly, this was one of the strongest races I've seen you run, however. You were tall, strong, and focused. Your times will keep coming down in the weeks to come, and this was a good stepping stone for that! You were only a few seconds behind Staggdill. Keep it up!	Ede, Morgan	5:53	12:24	6:31	18:32	6:08			9		0:00	19:04		0:32
Let's put it this way, this was not your best race ever, and yet you still ran strong and finished 12th! If an All-Conference performance is considered an "ok" or "bad" day, you are doing some pretty incredible things! Mile 2 wasn't your best, and that should be your focus next week. Keep working on sticking with Morgan in races—just like you do in practice. You got this—keep it up!	Sim, Katherine	5:56	12:42	6:46	18:54	6:12			12		0:00	19:07		0:13
From 22:10 to 19:16 in one year. Holy growth! The crazy thing is that I know you were less than satisfied with your performance and you know you are capable of a faster time. I'm confident in that as well—mile 2 should have been about 25-30 seconds faster, and that puts you back under 19 minutes. The adrenaline will be there next week, so keep up the great work, stay focused, and stay confident moving into regionals. You are on fire!	Allen, Naylah	6:00	12:53	6:53	19:16	6:23			18		25 FS	22:10		2:54
From the gun, you were on a mission today. It was great to see you get after it and have the confidence to race like we know you can! If you look at your splits, there is still a lot of room for growth in mile 2, which is awesome to see actually. You are capable to run more even, and then you can take a huge chunk of time off—like 40 seconds—just like that. Keep working this week and next week... you put yourself in a great position with this race!	Webb, Kara	6:17	13:29	7:12	19:37	6:08			2		18 V	19:22		0:15:00
You looked super strong today! It would have taken a faster mile 2 to stay in contact with the pack that became All-Conference, but you raced well, and when you consider where you were at this point last year—it's inspiring to see your journey unfold. From 21:01 to 19:47—looking in control and fierce! Keep it up this week, and don't let anything hold you back. Don't look back—only forward. Stick stick—focus on a stronger mile 2 and close with the confidence you had today!	Gall, Elyssa	6:04	13:11	7:07	19:47	6:36			21		4 O	21:01		1:14
Awesome race! You should be super proud, and I know that you aren't satisfied and wanted to stay with the front Minooka 3. Mile 2 is where you need to focus—as that is where they pulled away, and you can see the result in your splits as well. The end of your races are really coming around, and you should keep focused on how much faster you can get in the next few weeks!	Amer, Maddi	6:19	13:21	7:02	19:53	6:32		4						
Top 25 as a freshman is awesome! You ran strong today and should feel great about all that you have accomplished so far this season. Mile 2 is the one you really need to focus on. I thought you could have been in the top 20 with an incredible race, so top 25 with room for improvement is a great place to be! Keep it up kiddo, and stay right on the heels of Elyssa!	Barroso, Ana	6:12	13:23	7:11	19:55	6:32			25					
Great race! There were times today in the middle of the race that you were moving up and running faster than anyone else in the race. Keep working on your confidence and know that you can physically get out a little faster to be with the top group and you'll still have what it takes to finish strong. I love the way you build throughout your races, so picture how awesome they would be if you would start from a place that is a little quicker and then build from there. In any case, you ran a strong race and finished very well—awesome job!	Allgaler, Leah	6:39	13:35	6:56	20:01	6:26		6						
From 21:58 last year to 20:16 this year—you have come a long way! Your confidence has really flourished this season, and I hope you continue to build that as we move forward. I know you could have gone with Kara, but you built through the race very well. Keep focusing on mile 2, as you can see from your splits. Well done kiddo... keep it up!	Mendoza, Liliana	6:23	13:33	7:10	20:16	6:43			7		22 FS	21:58		1:42:00
You stepped up and raced with the first time this season—which is not an easy thing to do! We give you a lot of credit for keeping your composure and running a strong race. We would have liked you to be closer to Elyssa and Ana and build throughout the race like you have in weeks past. All in all, you have had a tremendous season and should be very proud! Lots of improvement, and you really have been inspirational for your coaches and your teammates! Keep up the great work!	Clark, Ana	6:32	13:47	7:15	20:21	6:34			37					
Today was your best race of the season. You ran with confidence from the gun and didn't give up when the race got hard. Mile 2 is still an area you can improve upon, but you should be so proud of your efforts today! Great work!	King, Hannah	6:29	13:39	7:10	20:27	6:48			7					
Today was a good race for you, but not the best you've had all season. I don't think it was any one mile or spot on the course, but let in general your splits were all slower than you are capable of running. Top 10 is still great, and you should be proud of your efforts! Keep up the great work, and keep challenging your teammates daily in practice! It makes a huge difference!	Dunn, Katie	6:41	13:57	7:16	20:41	6:44			9					
What a great race for you today! You did exactly what we asked you to do, and you finished in the top 15! You have had some ups and downs this season and had to cross train a lot of days that you wanted to be running, but you kept your focus and your confidence when it mattered for the team. Awesome job kiddo!	Salmeron, Emily	6:41	14:16	7:35	21:00	6:44		15			24 FS	22:04		1:04:00
Great race today! To PR at Conference in the conditions you guys ran is incredible! You guys ran a tough first 2 miles and then a really strong last mile as well. To have all of you in the top 18 is pretty incredible, and you were right in that mix the entire time. You work very well with your teammates, and it has been different girls at different races. Keep up the great work and be very proud of yourself for what you've accomplished!	Ede, Molly	6:42	14:06	7:24	21:00	6:54		16						
You ran a solid race today, but it was still a bit comfortable for what we know you can do. You build very well in the last mile, but if your mile 1 and mile 2 are too slow, that will only take you so far. Regardless, you guys were running with the pack that had to finish fast in order to be in the top 18, and all of you fought hard for those spots. Great job!	Garcia, Sammie	6:45	14:16	7:31	21:02:00	6:46:00		17			16 FS	21:04:00		-0:02:00
I know this race was a little EMObational for you, and that's okay! When you think about your journey through the past four years, it has been pretty incredible. You've been through more ups and downs than anyone else, and you've come through so strong on the other side! I'm so proud of you for all your efforts, and you ran your last Conference race and finished as an award winner! Congrats!	Sim, Kathleen	6:34	14:05	7:31	21:07	7:02			17		11 O	21:44		0:37:00
Today was not your best race, but there are still lots of things to be proud of. You weren't feeling great, and yet you raced strong and had a solid performance for the team. Finishing in the top 18 is something to be proud of, especially when you consider that you weren't at 100%. I'm proud of you and your efforts, and know that there is still a lot more you can accomplish if you put your mind to it!	McKillop, Emma	6:43	14:07	7:24	21:13:00	7:06:00			18		15 FS	20:54		0:19:00
Today was a great race! You should be very proud of your last race of the season—finishing in the top 20 at Conference with a PR! You looked strong and composed today, and it was awesome to see. Keep working and keep attacking workouts like you have been, and you will keep improving and getting more and more out of this sport!	Viano, Gaby	6:54	14:24	7:30	21:30	7:06			20					
Time wise, we know you are faster than what your race today showed. You should be proud of your efforts but never satisfied that you can't accomplish more. In so many meets this season, you have literally run exactly the same times as you ran last year. Don't let that limit you, but instead keep working to smash those times the next time around! You can do it!	Murphy, Meghan	6:55	14:37	7:42	21:49	7:12			23		21 FS	21:45		0:04:00

<p>This was one of your strongest races of the season, and I know you are still capable of a lot more! You definitely made a jump this season and started challenging yourself to get after practices and races more aggressively. I can't tell you how proud of you I am for that. You've gotten stronger and finished races better as the season has gone on. Keep up the great work!</p> <p>You ran a strong race today. Goal was top 20, and you were not too far off of that. You worked really well with your teammates throughout the race and looked very strong throughout the whole thing. Be proud of all that you have accomplished this season, and keep working hard to make even more big jumps next year!</p> <p>I could say the same thing you to that I just wrote to Yocie. You guys ran together very well today, and you moved throughout the race. Top 30 is something to be proud of for sure, as well as everything you have done this season! You will absolutely see the pay off during track season, and I'm so proud of you for all your hard work!</p> <p>Your splits were so even today—and you slowed up a bit the last mile. You have come a long way this season, and I truly feel you are still figuring out how good you can be at this sport. Don't get complacent. The little, daily things can make a big difference, and I want to see you attacking workouts and races with the confidence we have in you! You ran a great race today and were within 2 seconds of what your Wolf time showed! Great PR and great job!</p> <p>Strong race for you today—even though you didn't quite finish as strong as I know you could have! When you think about where you have come in one year, it's incredible! To have 8:34 be your slowest mile by far in a 3 mile race is awesome. You've seen how much hard work and determination can get you, and I hope you keep working hard to make the same kind of improvements next year! Great job and great season!</p> <p>What an awesome way to conclude your XC career at OEHS (racing wise anyway)! A PR at Conference, and to finish as strong as you did is so awesome and inspirational! You have battled so many odds and have been so wonderful to get to coach. I'm so proud of you and hope you will take some of these lessons into your future! Great job, Becca!</p> <p>Great way to finish your SPC race! With a PR! Your first two miles were incredible, so keep working on that 3rd mile and having the confidence to finish as strong as you start. You have worked so hard, and I'm so proud of you! Keep up the great work!</p> <p>Way to finish your last race with a PR! Miles 1 and 2 were amazing. Keep your head up and keep working mile 3 as well—you are stronger than you think and you can finish mile 3 at the same pace as the first 2. Great work this season. Keep it up this winter!</p> <p>This year you had more races under 30 minutes than you've ever had. Even though this wasn't a PR race. I know you worked for it. Keep working on consistency both in practice and in races. Remember that as a distance runner, if you can do it once, you can do it three times. Great job, Jess!</p> <p>Thanks for your help today!</p>	Goduto, Angie	7:11	14:58	7:47	22:18	7:20	27	39 F5	23:50	1:32:00
	Castelan, Yocie	7:11	15:01	7:50	22:21:00	7:20:00	28			
	Banks, Mallory	7:11	15:01	7:50	22:24:00	7:23:00	29			
	Patterson, Ellery	7:22	14:50	7:28	22:43	7:53	34	43 O	24:14:00	1:31:00
	Sniegowski, Madison	7:17	14:44	7:27	23:18:00	8:34:00	41			
	Wolf, Becca	7:37	15:04	7:27	23:32	8:28	46			
	Wilke, Lanaya	7:31	15:08	7:37	24:07:00	8:59:00	53			
	Hemmer, Emily	7:37	15:01	7:24	24:12:00	9:11:00	55			
	Lopez, Jessica	8:33	18:28	9:55	27:50:00	9:22:00	100	86 O	27:59:00	0:09:00
	McGavin, Mary									
	Hartigan, Nicky									
	Krapez, Marie									
	Scheerenberger, Kitty									

Varsity		Frosh/Soph		Open	
Minooka	38	1 Minooka	23	1 Oswego	30
Oswego	42	2 Oswego East	41	2 Minooka	44
				Oswego	
Oswego East	62	3 Joliet West	109	3 East	64
Plainfield North	108	4 Oswego	114	4 Joliet West	137
		Plainfield		Plainfield	
Joliet West	137	5 North	119	5 North	147
		Plainfield		Joliet	
Plainfield South	188	6 South	168	6 Central	150
		Plainfield		Plainfield	
Joliet Central	196	7 Central	185	7 Central	202
Plainfield Central	217	8 Joliet Central	201	8	
Plainfield East	268	9 Plainfield East	274	9	
Romeoville	311	10			







