-034					8	/21/18 at	Yorkville						
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3			Varsity	Mile to	Last Year	517		Last Year
Zarembski, Madison	5:55			1			Open Place	Place	Go	PL	Last Year Time	Split from #1	Difference
Ede, Morgan	5:56							8	1		20.00	0:00	
Sim, Katherine	6:06								_		20:09		
Webb, Kara	6:06				 			16	1-	-	19:57	1:04	0:08:0
Allgaier, Leah	6:24	13:34			_			17	† 	-		1:22	
Gall, Elyssa	6:07	13:36						19	_		20:54	1:31	0.20.0
Barroso, Ana	6:30							21	_		20.54	1:40 1:47	0:29:00
Allen, Naylah	6:38							23	_		0:15		2,22,00
Hartigan, Nicky	6:34	14:13						37			0.15	2:08 2:40	
Garcia, Sammie	6:54	14:28		21:45				41			22:25		
Sim, Kathleen	6:41	14:28						42			0:06	3:00	0:40:00
Mendoza, Liliana	6:51	15:06						44	-			3:01	2:20:00
McKillip, Emma	6:51	15:06						45		-	23:40	3:13	1:42:00
Dunn, Katie	6:54	14:43		_			177	46			23:09	3:15	1:09:00
King, Hannah	6:54	14:43	7:49		7:27:00			47					
Clark, Ana	7:02	15:06		22:27:00				50					
Viano, Gaby	7:01	15:09	8:08					57					
Castelan, Yocie	7:00	15:26	8:26		7:43								
Murphy, Meghan	6:55	15:26		23:12	7:41			61 63			22.42		
Goduto, Angie	7:02	15:39	8:37	23:19:00	7:40:00						23:12		0:00:00
Ede, Molly	7:00	15:29	8:29	23:32	8:03			67			24:35:00		1:16:00
Wolf, Becca	7:57	16:16	8:19					72					
Patterson, Ellery	7:57	17:22	9:25	24:06:00 25:59:00				82	,				
Sniegowski, Madison	8:10	17:36			8:37:00			106			27:16:00		1:17:00
Wilke, Lanaya	8:10	17:39	9:26 9:19	26:13:00	8:37:00			107			30:00:00		3:47:00
Krapez, Marie	8:10	18:28		26:15:00 26:55:00	8:46:00			108					
Hemmer, Emily	8:10	17:53	10:18 9:43		8:27:00			116					
Lopez, Jessica	8:02	18:18	10:16	26:56:00	9:03:00			117					
Amer, Madison	5.02	10.10		27:41:00	9:23:00			118			31:28:00		3:47:00
Salmeron, Emily	-			hamstring							24.42.22		
Banks, Mallory				knee						- 11	24:12:00		
McGavin, Mary				sick									
Scheerenberger, Kitty				-						-	21.77.22		
pencerenberger, kitty											21:55:00		
									_				
		-			-								
- III				-						-			
Team Results:													
Yorkville	22												
Oswego East	22		Coach Notes:	Overall, ton	ight was a gr	eat start to	our racing se	ason! Co	oach Ider	an and I v	vere verv ha	ppy with the	effort
	55		and the finish	of so many o	of you! Thin	gs to celebra	te: EVERYO	NE who i	aced Yor	kville last	vear ran fas	ter this year	I Elvssa.
Rosary	80		Naylah, and M	adison Snie	gowski all rai	n faster toda	y than they	did throu	ighout th	e entire s	eason last ve	earwhich is	an
West Aurora	101		incredible sign her first officia	for the seas	ion to come! Lrace since !	iviaddie Z i: ier sophoma	s the first at	niete to b	reak 19 i	ninutes a	t Yorkville si	nce 2011! B	ecca ran
Ioliet West	135		others were w	ithin one mi	nute of their	fastest race	last year! I	t's only tl	ne beginr	ing of a s	reat season	Many of o	ır
Plainfield South	163	-	freshmen step	ped up and	truly followe	d the race p	lan by going	with the	race and	not feeli	ng overwhel	med by havi	ng the
isle	DNS		entire team to	gether. Oth	er notesyo	u guys did a	great job ge	tting you	r cool do	wn going	(especially g	iven the we	ather),
			and you worke	u incredibly	well as a tea	ım, given it v	was only me	et one. (reat job	!			

			,		8/23/	18 at Plair	nfield Cen	tral					
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Onen Blace	Varsity	Mile to	Last Year			Last Yea
Zarembski, Madison	6:19	12:55		-		FI/30 Place	Open Place	Place	Go	PL	Last Year Time	Split from #1	Differen
Ede, Morgan	6:19	13:02	1						,	-	10,70		0.0
Allgaier, Leah	6:27	13:25			1	_			_		19:39		0:0
Barroso, Ana	6:27	13:26							1	-			-
Webb, Kara	6:19	13:25			_				7		20.14		0.4
Gall, Elyssa	6:19	13:26		20:38				-	-		20:14		-0:1
Sim, Katherine	6:19	13:24		20:43							30.06		0.2
Allen, Navlah	6:20	13:41		21:08						 	20:06		-0:3
Mendoza, Liliana	6:42	13:58											2:0
Sim, Kathleen	6:40	14:13						11			23:00		1:5
Garcia, Sammie	6:42	14:24						12			21:10:00		0.5
McKillip, Emma	6:42	14:24						13		-	21:10:00		-0:5
Hartigan, Nicky	6:40	14:30						14			22:09:00		-0:0
Dunn, Katie	7:09	14:57						15					-
Clark, Ana	7:04	14:55		22:44				16	_	_			
Castelan, Yocie	7:07	15:14						-					
Ede, Molly	7:07	15:01						17					
Murphy, Meghan	7:01	15:14						18			24.75	-	
Goduto, Angie	7:54	16:02						20	-		21:55		-1:3
Banks, Mallory	7:26	16:19						23	-		23:12		-1:1
Wolf, Becca	7:30	16:02						25	-				
Sniegowski, Madison	7:46				9:10:00			26					
Patterson, Ellery	7:46	16:51	9:05		8:42:00			28			30:32:00		4:5
Hemmer, Emily	8:07	16:51			8:49:00			29			27:08:00		1:2
Wilke, Lanaya		17:20		26:19:00				31					
	8:06	17:33		2:42				34					
Lopez, Jessica	8:04	17:51		27:10:00	9:19:00			37			31:03:00		3:5:
Krapez, Marie	8:03	17:52	9:49	27:19:00	9:27:00			38			28:02:00		0:43
Amer, Madison													
King, Hannah													
Salmeron, Emily	177										24:23:00		_
McGavin, Mary											24.23.00		_
Scheerenberger, Kitty											22,24		
Viano, Gaby						<u> </u>			1		23:34		
											+		
										3 1			
Team Results:													
Oswego East	15	100 100 100											
Plainfield Central	50		Coach Notes: have lots of ro- this was a trick race gets real (Improvements	om for impr y one today after mile 1 from last ye	ovement oven. We have to Continue to Continue to	er miles 2 and be willing to work on to orded by Mo	d 3. It is qui to move out rusting your organ Ede, N	te challe of our co teamma aylah All	nging to o omfort zo tes and b en. Lilians	execute a nes movi uilding the Mendo	race plan frong forward, or race plan from the race	om start to especially w ice as a paci	finish, a then the k! Fliery
			race gets real (Improvements Patterson, Jess placed 3rd and	from last ye Lopez, and	ar were rec Marie Krape	orded by Mo z. Maddie Z	rgan Ede, N	aylah Aller first m	en, Liliana eet win a	a Mendoz	a. Madison S	niegowski	
							-						

the part have to the					9/1/18 at	t TF South	Rich Dust	Invit <u>e</u>					
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3			Varsity Place	Mile to Go	Last Year	Last Year Time	Split from #1	Last Year Difference
Zarembski, Maddie	6:09	12:35	6:26	18:48	6:13			1	:	ı		0:00	
Ede, Morgan	6:11	12:43	6:32	19:17	6:34			3	3	3	18:56	0:29	0:2:
Sim, Katherine	6:12	12:58	6:46	19:49	6:51					5	19:09	1:01	0:40
Webb, Kara	6:22	13:28	7:06	20:30	7:02			6	. 6	5	19:34	1:42	
Allgaier, Leah	6:33	13:44	7:11	20:48	7:04	2			1	2		2:00	
Gall, Elyssa	6:30	13:50	7:20	21:03	7:13			14	13	3		2:15	
Allen, Naylah	6:31	13:44	7:13	21:04	7:20	3			! = 3	3	23:00	2:16	1:56
Barroso, Ana	6:30	13:50	7:20	21:05	7:15	4			-			2:17	1,70
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	
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)	1	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	1	33		27:11:00	10:15:00	1:52:00
				1-2									
Amer, Maddi													
King, Hannah													
Castelan, Yocie						1 1						7	
Wolf, Becca													
Hemmer, Emily													
Krapez, Marie										26:04:0			
McGavin, Mary									=15				
Salmeron, Emily											1000 F		-
Scheerenberger, Kitty													

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

Team Results:							
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		71	8		
		9			9		
		10			10		
		11			11		
		12			12		

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 perseverence. 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!

Athlete Zarembski, Madison Ede, Morgan Sim, Katherine Barroso, Ana Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:20 6:21 6:21 6:37 6:37 6:28 6:43 6:43 7:00 7:00 7:00 7:08 7:04 7:04 7:30 7:55 8:29	2 Miles 12:37 12:53 13:03 13:51 13:51 14:05 14:35 14:35 14:35 14:51 15:17 15:11 15:22 15:28	6:32 6:42 7:14 7:14 7:23 7:22 7:22 7:36 7:36	19:18 20:04 20:22 21:30 21:48 21:53 21:57 22:09 22:18:00	Mile 3 6:41 7:11 7:19 7:39 7:57 8:02 7:52 8:04 8:03:00 8:07 8:06 8:16		1 2 3 4 5 6 7 8 9		Mile to Go	Last Year PL	Last Year Time	Split from #1
Zarembski, Madison Ede, Morgan Sim, Katherine Barroso, Ana Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:20 6:21 6:21 6:37 6:37 6:28 6:43 6:43 7:00 7:00 7:08 7:00 7:04 7:04 7:04 7:53	12:37 12:53 13:03 13:51 13:51 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	6:17 6:32 7:14 7:14 7:23 7:22 7:32 7:36 7:37 7:54 8:09	19:18 20:04 20:22 21:30 21:48 21:53 21:57 22:09 22:18:00 22:43 23:01	6:41 7:11 7:19 7:39 7:57 8:02 7:52 8:04 8:03:00 8:07 8:06		1 2 3 4 5 6 7 8 9				Last Year Time	Spin from #1
Ede, Morgan Sim, Katherine Barroso, Ana Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:21 6:37 6:37 6:38 6:43 6:43 6:43 7:00 7:00 7:08 7:00 7:04 7:04 7:53	12:53 13:03 13:51 13:51 13:51 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	6:32 6:42 7:14 7:14 7:23 7:22 7:32 7:36 7:37 7:54 7:51	20:04 20:22 21:30 21:48 21:53 21:57 22:09 22:18:00 22:43 22:43 23:01	7:11 7:19 7:39 7:57 8:02 7:52 8:04 8:03:00 8:07		3 4 5 6 7 8					
Sim, Katherine Barroso, Ana Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:21 6:37 6:37 6:28 6:43 6:43 7:00 7:00 7:08 7:00 7:04 7:04 7:04 7:53 7:55	13:03 13:51 13:51 13:51 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	6:42 7:14 7:14 7:23 7:22 7:22 7:32 7:36 7:37 7:54 7:51	20:22 21:30 21:48 21:53 21:57 22:09 22:18:00 22:43 22:43 23:01	7:19 7:39 7:57 8:02 7:52 8:04 8:03:00 8:07		3 4 5 6 7 8					
Barroso, Ana Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:37 6:28 6:43 6:43 6:43 7:00 7:00 6:51 7:00 7:08 7:00 7:04 7:04 7:53 7:55	13:51 13:51 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	7:14 7:14 7:23 7:22 7:22 7:32 7:36 7:37 7:54 7:51 8:09	21:30 21:48 21:53 21:57 22:09 22:18:00 22:43 22:43 23:01	7:39 7:57 8:02 7:52 8:04 8:03:00 8:07		4 5 6 7 8					
Allen, Naylah Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:37 6:28 6:43 6:43 7:00 7:00 7:00 7:08 7:00 7:04 7:04 7:30 7:53	13:51 14:05 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	7:14 7:23 7:22 7:22 7:32 7:36 7:37 7:54 7:51 8:09	21:48 21:53 21:57 22:09 22:18:00 22:43 22:43	7:57 8:02 7:52 8:04 8:03:00 8:07 8:06		6 7 8 9					
Gall, Elyssa Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:28 6:43 6:43 7:00 7:00 6:51 7:00 7:08 7:04 7:04 7:30 7:53	13:51 14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	7:23 7:22 7:32 7:36 7:37 7:54 7:51 8:09	21:53 21:57 22:09 22:18:00 22:43 22:43 23:01	8:02 7:52 8:04 8:03:00 8:07 8:06		6 7 8 9					
Sim, Kathleen Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:43 6:43 7:00 7:00 6:51 7:00 7:08 7:04 7:04 7:30 7:53 7:55	14:05 14:05 14:15 14:36 14:37 14:45 14:51 15:17	7:22 7:22 7:32 7:36 7:37 7:54 7:51 8:09	21:57 22:09 22:18:00 22:43 22:43 23:01	7:52 8:04 8:03:00 8:07 8:06		7 8 9					
Mendoza, Liliana Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:43 7:00 7:00 6:51 7:00 7:08 7:08 7:04 7:04 7:30 7:53	14:05 14:15 14:36 14:37 14:45 14:51 15:17 15:11	7:22 7:32 7:36 7:37 7:54 7:51 8:09	22:09 22:18:00 22:43 22:43 23:01	8:04 8:03:00 8:07 8:06		8 9					
Amer, Madison Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Łopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:43 7:00 7:00 6:51 7:00 7:08 7:00 7:04 7:04 7:30 7:53	14:15 14:36 14:37 14:45 14:51 15:17 15:11	7:32 7:36 7:37 7:54 7:51 8:09	22:18:00 22:43 22:43 23:01	8:03:00 8:07 8:06	(1)	9		-			
Dunn, Katie Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Łopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:00 7:00 6:51 7:00 7:08 7:00 7:04 7:04 7:30 7:53	14:36 14:37 14:45 14:51 15:17 15:11	7:36 7:37 7:54 7:51 8:09	22:43 22:43 23:01	8:07 8:06				1			
Garcia, Sammie Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:00 6:51 7:00 7:08 7:00 7:04 7:04 7:30 7:53	14:37 14:45 14:51 15:17 15:11	7:37 7:54 7:51 8:09	22:43 23:01	8:06				_			
Clark, Ana Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Łopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	6:51 7:00 7:08 7:00 7:04 7:04 7:30 7:53 7:55	14:45 14:51 15:17 15:11 15:22	7:54 7:51 8:09	23:01			10	_		<u> </u>		
Murphy, Meghan Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:00 7:08 7:00 7:04 7:04 7:30 7:53 7:55	14:51 15:17 15:11 15:22	7:51 8:09				11					
Castelan, Yocie Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:08 7:00 7:04 7:04 7:30 7:53 7:55	15:17 15:11 15:22	8:09	25:17:00			12		_	-		
Viano, Gaby Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:00 7:04 7:04 7:30 7:53 7:55	15:11 15:22		22.54.00	8:26:00		14					-
Ede, Molly Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:04 7:04 7:30 7:53 7:55	15:22	8:11		8:37:00		16					
Banks, Mallory Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:04 7:30 7:53 7:55		0.40	24:01:00	8:50:00		17					
Goduto, Angie Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:30 7:53 7:55	15:28	8:18		9:04:00		18					
Sniegowski, Madison Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:53 7:55				9:00:00		19		-			
Wilke, Lanaya Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	7:55	16:09			9:15:00		25			_		
Hemmer, Emily Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma		16:41	8:48		9:34		26			-		
Lopez, Jessica Krapez, Marie Hartigan, Nicky McKillip, Emma	8:29	17:11	9:16		10:04:00		27				1	
Krapez, Marie Hartigan, Nicky McKillip, Emma		18:11	9:42	28:48:00	10:37:00		31					
Hartigan, Nicky McKillip, Emma	8:44	19:28			11:27:00		34					
McKillip, Emma	8:53	19:23	10:30	31:21:00	11:58:00		35					
				ankle								
				ankle								
McGavin, Mary				back								
Wolf, Becca				head/shins					16			M T
Webb, Kara				hips								
King, Hannah				knee					1100.1			1 1
Salmeron, Emily				PT							T III	
Allgaier, Leah				shins								
Patterson, Ellery				smoke								
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Name of the last	=											
Team Results:									Coach No	tes: As a	distance runn	er, you need
Varsity:									100% that	t if you car	n do a certain	pace for one
Oswego East	15	1									many as you ul distance rur	
Plainfield East	50	2	II II II		11/2						ui distance rur s got very stru	
Terrificia East	30	3				_			you were	running ju	st 10 steps be	hind a teamr
			_					_			ammates, as y	
		4									team than you effort, but we	
		5									working on ou	
		6							was great	seeing you	u make pickup	os every minu
		7							mile 2, and	d I think it	really helped	
				ĺ							7 That is a se-	
		8					1		from mile	1 to mile :	2. That is a structure of the structure	
		9					T I		from mile action who make surg	1 to mile : enever you ges all thro	u feel you nee ughout races,	d to! The be both to run f
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ACCEPTAGE AND ADDRESS OF THE PARTY OF THE PA				9/15	/18 at Richa	rd Spring	nvitationa	ıl *Detweil	ler*					
Feedback	Athlete	0411-4	2 8411						Varsity		Last Year			Last Year
What a fantastic race for any athlete of any age, much	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Place	Go	PL.	Last Year Time	Split from #1	Difference
ess 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, move														
up in the middle, and finished strong! Great job, Maddle!	Zarembski, Maddie	5:35	11:37	6:02	17:42	6:05			15	ļ				
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		ı												
entire race. Keep up the great work, and keep working										1		-0		
n tandem with Maddie! Awesome job, Morgan	Ede, Morgan	5:43	12:02	6:19	18:18	6:16			38	3	49	18:52		
Today was literally one second faster than you ran here ast year, but we all know you are in way better shape														
than your race showed. Take it as a positive that today						ļ								
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														1
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			00]	-			
Holy cow! What a race for you today! Not only is this an			- 12,20	0,33	10.50	0,32	_		89	1	59	18:59		
incredible improvement from this season, but to look at where you were last year and see where you are now-it.														
so inspiring! Couldn't be more proud of how you ran	1									1				
today, and we are so excited to see what the rest of the							- 7							
season has in store for you! Keep it up-you are looking so strong and on page for an incredible season!	Allen, Naylah	6:06	12:41	6:35	19 15	634			ŀ			- 1		
We are super proud of your first varsity race, and we	Paneri, Mayian	6.00	12 41	0.35	19 15	6 34	12			<u> </u>				
know that with more experience at this level, you'll just		1												
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											1 1			
that top pack. As a team today, we just had too many														
girls 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	d. I		176					
While I wouldn't say you ran bad today (still faster than you ran here last year, and still a season PR), your														
workputs lately have shown that you are canable 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							1							
from the race mile 3. Keep working hard in practice-your	L 11 =1													
races will show your improvement in no time! Not really sure what happened today. Obviously there	Gall, Elyssa	6:08	13:06	6:58	20 09	7:03			205		240	20:34		
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									l i				1	
you raced today (even if your legs were tired). We are relying on your experience and leadership this season, so												1		
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	1													
ake those lessons into the rest of the season and turn today into a positive!	Webb, Kara	6:07	13:04	6.53	20.42								- 1	
Finally! We are starting to see what you are capable of	Webb, Kara	0.07	13.04	6:57	20:12	7:08			209		75	19:09		1:03 slower
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							1 4 1							
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 Lili! So great watching you race today! You definitely bounce	Mendoza, Lili	6:19	13:13	6:54	20.21	7:08		13			84 0	21:47		1
back and forth like a ye-ye when it comes to pace, but							- 1							
you will get better and better at that with more races and with more workouts under your belt. You followed the				1				- 1			1 1		į	
race plan very well, and your 2nd two miles have room to					- 1	_ i								
get faster as you get stronger this season. Great work					ŀ									
running with your teammates and working throughout the race! Awesome job, Maddi!	Amer, Maddi	6:27	13:34	7:07	20 29	6:55	57	[
You ran about a minute and a half faster than your other			13/34	7.07	2025		3/				-			
race this season, and you were right in line with what your Wolf times showed! You should really be thinking								1						
about breaking 20 minutes and working your way up in											l i	1		
races. Mile 1 was very strong, and I know you can run				- 1										
faster miles 2 and 3. You are still building confidence and that takes time, but this was a huge step in the right		1 1		- 1				l						
direction today. Next race, get out the same mile 1, and		1 1											- 1	
focus on passing people miles 2 and 3. Great work, Hannah!	King, Hannah	6:23	13:34	7:11	20:24	7.50								
Today was maybe not as fast as we would have liked,		0.23	13:34	/:11	20:34	7:00	61		-		\vdash			
because we all know that you are capable of breaking 20				1										
minutes, but it was right up there with your all time best races regardless. You looked strong and confident							- 1							
throughout the entire 3 miles, and your form is showing it.														
You ran over a minute faster than at this point in the			1						- 1					
season last year! Keep telling yourself you can keep miles 2 and 3 closer to 6 40, and you will be in great									[- 1				
shape! Nice job todayyou are right there!	McKillip, Emma	6 27	13:36	7.09	20 36	7:00		22		- 1	76 O	21:42		1
You ran almost the same race today that you ran last									\neg		-	22:72		
year, based on the splits. I know you know you are capable of breaking 20 minutes any day now! The good										Į				
thing is that this race was way more in line with what your		1 1	1				- 1		I	- [1			
									Ī			- 1		
Wolf times showed, and we know you are able to run even faster miles 2 and 3 in order to bring that time down				- 1		1						- 1	- 1	
even faster miles 2 and 3 in order to bring that time down below 20. Keep working and believing that you belong!						[}						
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	Carela Camposto	6:27	13:35	7:08	20:36	7:01	62				33 O	20 44		
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						1			T	T			
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 succease will follow! Today was your first big varety race, and your first race in a while. Looking at your first 2 mile spitts and where you	Garcia, Samantha	1 1												
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sven faster miles 2 and 3 in order to bring that time down below 20 Keap working and believing that you belong! You have some great transmates to train and run with. Keep working together and success will follow! Today was your first big varnity race, and your first race in a while Looking a tyour first 2 mile spits and where you were before you ted up, you were on the way to a very stong race and a huge PR. These things happen sometimes, and you just have to learn from them and move on. Hydration and stairing mentality 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 gotto seperance running varsity at Detweiller We are proud of you far finishing the race and finishing the day with your trammates. Time to recover and keep taking care of those shins as well! What an accomplishment to have a lifetime PR in Septamber 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 sights are on brasking 20 minutes, because you are right there! Keep up the great work-you certified and how you never quit to the composure you demonstrate when I handle getbacks.		6:16	13:05	6:49 7:07	20:37	7:32 7:14		25	246		710	21:37		

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			1											
			1											
ge PR for you today! Awesome! Mile 1 was perfect, id with more training and races will come the ability to	1				7.7									
rstain that (or at least close to it) for the 2nd two miles sep up the great work, and keep the positive energy														
oing, as it makes a huge difference on our team														
reaking 21 is a big step, and your sights should now bin breaking 20! Great job, Katie!	Dunn, Katie	6:32	13:38	7:06	20:51	7:1	, ,	2						1
oly PR for you today! Great job cetting out mile 1. Yo		0,32	13,30	7,00	20.5	/;1.	3 /	4	-	-			-	-
ill also be able to sustain that pace the more training nd racing you do Don't be afraid to be uncomfortable			14									1		
nd to make a race hurt. It is supposed to be hard. You														
rossed over today with such a huge PR and showed the ou are capable of running that time from your combine	at													
suits of The Wolf Keep up the great work! Nice job, lolly!			43.40						1 1			1		
ow you managed to literally place the exact same this	Ede, Molly	6 29	13:40	7:11	21:09	7 2	9 9	5	\vdash	-			<u> </u>	
sar as you did last year, 11 never know! Today was a trong race for you, and definitely a step in the right														
rection and a season PR! Running is definitely not														1
sy, and you are starting to get out of that comfort zone	1	1				1						1	1	
ou need to push past in order to have a great race elieve that you can get out closer to 6 30 and still run														
iles 2 and 3 under 7 minutes. It's what you train for!			1											
sep working hard, and you'll be on your way to PR after ?!	Murphy, Meghan	6:46	14:13	7:27	21:36:00	7:23	3	58		58	0	21 1	9	0:17 slowe
ou are getting better and better with every race, and ally starting to demonstrate that a 3 mile race is no										- P°	<u> </u>	24,1	7	ATT SIGME
roblem for you! Take confidence in your workouts and							ı			- 1				
now that you can run 6:40 pace for the entire race eday was a big season PR, and we want to see many														1
ore of those in the weeks to come! Nice job!	Banks, Mallory	6:47	14:25	7.38	22:06	7:41	ı	88		- 1	_			
ou got out well today, but then land of shifted into just naing mode rather than racing mode. A few times										_				_
hen I saw you, you made great moves and surges pas														
e runners around you. I know you have a lot of tential and have been increasing your focus and desir														1
do well. Keep working hard and finding your rhythm is														
actices, and take the initiative to make it happen in ces. You have to keep your focus on the race and not		1 1												
st wish it to be over. Enjoy the process, and have fun-														
asing girls as you race!	Viano, Gaby	6.51	14 40	7:49	22 39 00	7:59	<u> </u>	127						
									1 1					
						-		-						
				-		y 1,								
						#- E						31		
						V - L						31		
	Team Results:													
	Varsity:				F/S:			Open						
		131	1	69	F/S: York	1	51	-						
	Varsity:	131	1 2			1 2	511	York						
	Varsity: Glenbard West			69 84	York WWS		74	York WWS						
	Varsity: Glenbard West Wheaton Warrenville S	133	2	69 84 125	York WWS Glenwood	2	74 95	York WWS OHS						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest	133 224 230	3 4	69 84 125 225	York WWS Glenwood Neuqua	3 4	95 151	York WWS OHS Hersey						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine	133 224 230 242	3 4 5	69 84 125 225 238	York WWS Glenwood Neugua Palatine	2 3 4 5	74 95 151 206	York WWS OHS Hersey OEHS						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central	133 224 230 242 255	2 3 4 5	69 84 125 225 238 249	York WWS Glenwood Neuqua Palatine Normal	2 3 4 5	74 95 151 206 215	York WWS OHS Hersey OEHS						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central	133 224 230 242 255 334	2 3 4 5 6 7	69 84 125 225 238 249 256	York WWS Glenwood Neugua Palatine Normal Glenbard W	2 3 4 5 6	74 95 151 206 215 235	York WWS OHS Hersey OEHS Palatine Glenbard W						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York	133 224 230 242 255 334 358	2 3 4 5 6 7	69 84 125 225 238 249 256 264	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS	2 3 4 5 6 7	74 95 151 206 215 235 271	York WWS OHS Hersey Palatine Glenbard W St. Ignatius						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon	133 224 230 242 255 334 358 373	2 3 4 5 6 7	69 84 125 225 238 249 256 264	York WWS Glenwood Neugua Palatine Normal Glenbard W	2 3 4 5 6	74 95 151 206 215 235	York WWS OHS Hersey Palatine Glenbard W St. Ignatius						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson	133 224 230 242 255 334 358	2 3 4 5 6 7	69 84 125 225 238 249 256 264	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS	2 3 4 5 6 7	74 95 151 206 215 235 271	York WWS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon	133 224 230 242 255 334 358 373	2 3 4 5 6 7 8	69 84 125 225 238 249 256 264 264	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet	2 3 4 5 6 7 8	74 95 151 206 215 235 271 279	York WWS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson	133 224 230 242 255 334 358 373 402	2 3 4 5 6 7 8 9	69 84 125 225 238 249 256 264 264	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet	2 3 4 5 6 7 8 9	74 95 151 206 215 235 271 279 286	York WWS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie OPRF						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Osk Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East	133 224 230 242 255 334 358 373 402 435	2 3 4 5 6 7 8 9 10	69 84 125 225 238 249 256 264 264 295 321	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden	2 3 4 5 6 7 8 9 10	74 95 151 206 215 235 271 279 286 311	York WWS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie OPRF Neuqua Pleasant V						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Oswego East	133 224 230 242 255 334 358 373 402 435 444	2 3 4 5 6 7 8 9 10 11 12	69 84 125 225 238 249 256 264 264 295 321 326	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius	2 3 4 5 6 7 8 9 10 11 12	74 95 151 206 215 235 271 279 286 311 327	York WWS OHS Hersey OEMS Palatine Glenbard W St. Ignatius Waubonsie OPRF Neuqua Pleasant V						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Osk Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Oswego East Downers Grove South	133 224 230 242 255 334 358 373 402 435 444 515	2 3 4 5 6 7 8 9 10 11 12 13	69 84 125 225 238 249 256 264 295 321 326 364 369	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius EWE OPRF	2 3 4 5 6 7 8 9 10 11 12 13	74 955 151 206 215 235 271 279 286 311 327 350	York WWS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie OPRF Neuqua Pleasant V DGN O'Fallon						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Ooswego East Downers Grove South St. Ignatius	133 224 230 242 255 334 358 373 402 435 444 515 520	2 3 4 5 6 7 8 9 10 11 12 13 14	69 84 125 225 238 249 256 264 295 321 364 369 372	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius LWE OPRE St. Charles E	2 3 4 5 6 7 8 9 10 11 12 13 14	74 95 151 206 215 235 271 279 286 3111 327 350	York WWS OHS Hersey DEHS Palatine Glenbard W St. Ignatius Waubonsie OPRR Neuqua Pleasant V DGM O'Fallon						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Osk Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Oswego East Downers Grove South St. Ignatius Lincolnway East	133 224 230 242 243 358 358 373 402 435 444 520 531	2 3 4 5 6 7 8 9 10 11 12 13 14 15	69 84 125 225 238 249 256 264 295 321 326 369 372	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius LWE OPRE St. Charles E Lane Tech	2 3 4 5 6 7 8 9 10 11 12 13 14 15	74 95 151 206 215 235 271 279 286 3111 327 350 370	York WWS OHS OHS Palatine Glenbard W St. Ignatius Waubonsie OPRR Neuqua Pleasant V DGN O'Fallon LWE Maine South						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Oswego East Downers Grove South St. Ignatius Lincolnway East Mahomet Seymour	133 224 230 242 242 245 358 373 445 444 515 520 530 531	2 3 4 5 5 6 7 7 8 9 10 11 12 13 14 15 16 17 7	69 84 125 225 238 249 256 264 264 295 321 326 364 369 372 459	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius LWE OPRE St. Charles E Lane Tech	2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	74 95 151 206 215 235 271 279 286 3111 327 350 3700 388 396	York WWS OHS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie OPRE Neuqua Pleasant V DGN O'Fallon LWW Maine South						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Dak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon St. Charles East Grant Oswego East Downers Grove South St. Ignatius Lincolnway East Mahomet Seymour St. Charles Fores	133 224 230 242 255 334 358 373 402 435 515 520 531 531 533	2 3 4 4 5 5 6 7 7 8 8 9 10 11 11 12 13 14 15 16 17 18	69 84 125 225 238 249 256 264 264 264 321 326 364 369 372 459 478	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius LWE OPRF St. Charles E Lane Tech DGN Deerfield	2 3 4 5 6 7 8 9 10 11 12 13 14 15	74 95 151 206 215 235 277 286 311 327 350 370 388 396 400	York WWS OHS OHS OHS Palatine Glenbard W St. Ignatius Waubonsie OPRF Neuqua Pleasant V DGN O'Fallon LWE Maine South LWW Marist						
	Varsity: Glenbard West Wheaton Warrenville S Oswego Oak Park River Forest Palatine Hinsdale Central Hersey York O'Fallon Stevenson St. Charles East Grant Oswego East Downers Grove South St. Ignatius Lincolnway East Mahomet Seymour	133 224 230 242 242 245 358 373 445 444 515 520 530 531	2 3 4 5 5 6 7 7 8 9 10 11 12 13 14 15 16 17 7	69 84 125 225 238 249 256 264 264 295 321 326 364 369 372 459	York WWS Glenwood Neuqua Palatine Normal Glenbard W OEHS Mahomet O'Fallon St. Joe-Ogden St. Ignatius LWE OPRE St. Charles E Lane Tech	2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	74 95 151 206 215 235 271 279 286 3111 327 350 3700 388 396	York WWS OHS OHS Hersey OEHS Palatine Glenbard W St. Ignatius Waubonsie OPRE Neuqua Pleasant V DGN O'Fallon LWW Maine South						

	30		9/18/1	8 at Oswe	go East Hi	gh School	vs. Kanela	and and	l Plainfi	eld Sout	th		1
								Varsity	Mile to	Last Year			Last Year
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	10	Open Place	Place	Go	PL	Last Year Time	Split from #1	Difference
Zarembski, Madison	6:23						200	2	┼				
Ede, Morgan	6:23						3	-	 				⊢—
Allen, Naylah	6:29			A		Contract of the			-	-			
Gall, Elyssa	6 23			Contract of the Contract of th					-	-			
Sim, Katherine	6:23	Comment of the Commen		SHEET WATER	And the second	Company of the last of the las	7		<u> </u>	<u> </u>			
Webb, Kara	6 23		The second second		7 31	ALC: NO.	8						
Barroso, Ana	6:23			20146			10						
Mendoza, Liliana	6:37			21:21:00	7:32:00		12		<u> </u>				
Dunn, Katie	6:37	13:50	7:13	21:43:00	7:53:00		15						
Amer, Madison	6:37	14:01	7:24	21:43	7:42		16	5					
McKillip, Emma	6:37	13:49	7:12	21:57:00	8:08:00		17	·					
King, Hannah	6:37	14:01	7:24	21:57	7:56		18	3					- 11
Clark, Ana	6:59	14:21	7 22	21 58 00	7:37:00		20						
Garcia, Sammie	6:37	14:11	7:34	22:08	7:57		21						
Murphy, Meghan	7:50	14:27	6:37	22:37	8:10		24						
im, Kathleen	6:37	14:15	7:38	22:41:00	8:26:00		25						
de, Molly	6:37	14:21	7:44	22:42:00			26						
Soduto, Angie	6:59	14:51	7:52	23:07:00	NAME OF TAXABLE PARTY.		28						
astelan, Yocie	7:10	14:59	7:49	23:10:00			29						
Banks, Mallory	7/10	14:59	7:49	23:22:00	1000	MORE NO.	31		-				
Patterson, Ellery	7:58	16:46	The state of the s	25:31:00	ALCOHOL: NAME OF TAXABLE PARTY.		44						
iniegowski, Madison	7:58	15:48	1000	26:23:00			45					-	
lemmer, Emily	8:05	17:33	9:28	27:09:00			45						
Volf, Becca	8:05	17:33	9:28	28:00:00	10:27:00								
opez, Jessica	8:30	18:39	10:09	THE RESERVE TO SERVE THE REAL PROPERTY.	Contract of the last of the la		48		_	-			
McGavin, Mary	8:30	18:39	10:09	29:36:00	10:57:00		49						
Allgaier, Leah	6:23		Company of the last	29:36:00	10:57:00		50			├			
No. of the last of		13 01	6:38	anr					<u> </u>				
/iano, Gaby	stomach		Name and the										
Vilke, Lanaya	hips									-			
(rapez, Marie	timing		-										
almeron, Emily	timing				11.11								
cheerenberger, Kitty	timing	211	100										
lartigan, Nicky	timing												
			747								y you guys fol		
eam Results:									pretty we	il. Our pac	ks looked god	d through ab	out 2
arsity:											ontinue work nat can be phy		
swego East	23	1									u need your te		
aneland	41	2	= =1						Cross cou	ntry is a sp	ort that allow	s you to focu	s on your
lainfield South	75	3									focus on the t dividual, focus		
		4									success! It wa		
		5						$\overline{}$	celebrate	our senior	s, and we seri	ously thank y	ou guys
		6									k, persistence		
		7									om where it w If distance re		
											vork doesn't s		
		8							continue 1	to improve	despite setba	cks, hard tim	es, and
		9									ones who com s represents r		
		10									s represents r Your example		
	-	11								ong after yo	ou graduate! win of the sea	Great work to	
		12											

					9/21/	To at Napi	erville Invi	ıe	Varsity	Mile to	lace P			
Feedback First thing to know is that top 5 in this meet is	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place		Go Go	Last Year PL		Split from #1	Last Year Difference
amazing! You ran just how we wanted you to														
oday—you put yourself in the top pack and ran hard (even without your watch). You looked like				1									1	
he last mile was a little strained, but we know you										1				
are faster than your clock time on that mile too. Great job being composed and going with the top									1					
crewbe confident that you can stick the last mile								ŀ						
as well! You definitely ran better than you think you did, bu	Zarembski, Maddie	5 45	11.5	6:08	18.08	6:15	<u> </u>			5			0:00	
'd like to see you finish a little stronger. When I										1				
alked to you, you thought you were barely in the					1									
op 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						l				1	1			
ocus on mile 3 and be the one catching. Keep closing that gap on Maddie so you guys can run									İ					1
ogether—there is no reason why you shouldn't be														1
outting yourself in the top pack in races as well. You are consistently a little better time for time vs.	Ede, Morgan	5 52	12 18	6.26	18.52	6 34			24	1	-	19:32	0:44	0
ast year. You should know that you are a LOT		1				1							1	
petter 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									ĺ		1		1	
ump from sophomore year to junior year, you can nake a huge jump from junior year to senior year						1					1]		
o give us the 1-2-3 punch at the front that we		-								1				
need! Keep up the great work and be ready to nake that next jump!	Sim, Katherine	5:59	12:33	6.34	19.04	6 3 1				1		40.00		
ou are looking better and better with every race,		3,39	12.30	0,34	19.04	0.31			30	1—	-	19 23	0:56	0
and your confidence is building as well (as it should). A five minute improvement on last year's]		
ime is incredible! As we move forward, we need to				1										
close the gap and run together, and you are a key that happening. We are so proud of what you														
nave accomplished so far, and we do not want you										12				
o 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
Breaking 20 now is a big deal because it's a huge the ckpoint accomplished fairly early. Your focus														
hould now be on breaking 19, which your Wolf	7													
umulative times show is more than possible. You are going to be a key to this team meeting our						0								
pals this season, but you have to close the gap					i					l				
on our front crew. You have been getting stronger and stronger with every practice and faster and		1 1												
aster with every race. Keep it upyou are							i i							
apable of running miles 2 and 3 closer to 6:15 han 6:45so make it happen!	Call Elvaca	0.00	40.50			2.0								
ou ran tough with Elyssa most of the race today.	Gall, Elyssa	6.05	12:56	6 51	19,51	6.55			48			20:28	1 43	0
out I wonder if you are pushing in the middle of the														
ace as hard as you are capable. Don't be afraid to nake the move and challenge Elyssa (or whoever														
ou are with) to go with you and catch our front				!										
roup. We have to close that gap, and you guys re the ones who need to make it happen. You are										!				
unning fantastic and should be so proud, but don't													l	
top now! Keep it up! ou are a fighter, and this is not the Kara we want	Barroso, Ana	6.09	13.08	6:59	19 52	6 44		_	49				1 44	77
see in races. You are still running very close to														
hat you ran last year, but you are ready to make hat next jump, and our team needs you! All it will		1 1												
ake is one breakthrough performance, and your														
onfidence will shoot back up. There is no secret o success in distance running, but your consistent		1 1												
fort will pay off, and that breakthrough						ı	' I							
	Webb, Kara	6.09	13.08	6 59	20.08	7.00			51			19:59	2:00	0:
What an incredible race for you today! You looked reat throughout the entire race and just kept														
uilding up and passing people. I especially liked					100		1							
ow you responded when we told you what to do, nd you kept passing girls all the way to the finish.						I			ı					
reat job today! Keep up the hard work at					1				ľ		l i			
ractice—It will help you keep improving at every ace!	Clark, Ana	6:37	13:39	7.02	20 12	6:33	اہ	. [[
oday you were only 10 seconds off what you ran	e	0.3/	13:39	/ 102	20:12	6:33	- 9						0:00	
t Peoria, which is great, but you are ready to nake that next jump. You should be so proud of													[
our approach and your races this season, and						[ļ	- 1						
our challenge now is to keep moving up and to elp us close that gap on our front group. Keep up							1							
elp us close that gap on our front group. Keep up le great work!	Mendoza, Liliana	6:14	13:20	7:06	20:31	7:11			58			22:40	2.22	
can't walt for your training and endurance to			10,20	7,50	20,01	7.11			56			22 10	2 23	1;
atch up to your speed and ability in races. You re getting better and better and more consistent				- 1				- 1				- 1		
ver the 3 miles, but you definitely still have work														
odo. Keep being aggressive in races mile 1, and eep your focus on moving up miles 2 and 3												[
urges every minute or every turn can help keep								- 1						
ou moving the right direction as well.	Amer, Maddi	6 29	13:45	7:16	20 33	6:48	16					1	0.21	
ven though you should be so proud to be running ver about a minute and a half faster than you				T		T								
ere last year, we all know you are ready to break														
minutes any day now. Keep going after mile 1 th confidence, pushing mile 2 with discipline, and								- 1	- 1			100		
ring to beat people the last mile with focus	McKillip, Emma	6 26	13:36	7:10	20.42	7:06	1		62			22 05	2 34	100
onight wasn't too far off your season PR, but I am									52			22 03	2 34	134
onfident you can be improving your times each nd every race. Your splits for mile 2 and mile 3								- 1	- 1					
ere too far inside your comfort zone, which is					13			1				- 1		
hy they were as slow as they were. Keep your cus and be confident you can keep moving in the						İ	İ				[1	
ce and be confident you can keep moving in the	Sim, Kathleen	6:27	13.46	7:19	21:06	7:20			67			24.40	2.50	0.1
ne good news is, you ran 49 seconds faster			.5.40	7,13	21,00	7.20		-	07	+		21:40	2:58	0;
day than you did last year. The bad news is, you e still running in your comfort zone and resisting												- 1		
e actual racing mode. You moved up in the race			-			1						- 1	- 1	
st like you did in practice this week, but you are			i									- 1		
					- 1				- 1	- 1	- 1	1		
Il running strong vs. running fast, and it is issible to do both. This week, your focus needs			ļ			I	- 1	- 1	- 1		- 1		- 1	

You made a decision today that you were good					_							
enough to run with Sam, and I believe that to be		190	27								100	12.50
true, whether that is running 21 minutes or 19												Property Company
minutes. You were close to a PR, and you looked pretty strong the entire race because you were												
running with a teammate. Take that lesson and												
seep working with Sam and your teammates to Irive those times down.	Ede, Molly	6 46	14:		9 21 20:00	7						
Your first mile was definitely in line with how we	Ess, Mony	0.40	14:	10 /2	21/20/00	7;05	38			-	1.08.00	1
vanted you to race and how we know you can												
race, but miles 2 and 3 were not your best. It isn't that you got out too fast, because we know you are					1				1 1			
tronger than your final time shows. The key is				1	}					1		
taying mentally relaxed mile 1 so that when the ace picks up around the mile or at 1.5 miles, you									1 1			
re mentally ready to go with it and respond. Keep												
orking hard in practice—you are coming around											1	
ed still on track for some great performances in e very near future!	King, Hannah	6:30	13.5	7:2	7 21:22	7:25	39					
g PR for you today! You ran a solid race and are	rung, mananan	0,50	13.0	" 1,2	1 21.22	7.25	39				1:10	
arting to see how much you can improve one eek at a time. Your mile 2 split slowed down												
uite a bit, so that should be your focus moving				1	1	- 1					1	
to next week. Great job leading the open team	L				1	F						
day! Is race was a nice follow-up to your time at	Viano, Gaby	6:45	14:2	20 7:3	21 31 00	7:11		29			0:00	
oria, and you came close to a PR. Believe that a							1					
g improvement is coming, and keep working hard					1		_				1	
practice to make it happen. You are still resisting etting out of your comfort zone in a race, and that					1						1	
really what you need to do next week to see a												
PR. Mile 2 was your weakest, but you moved and responded well mile 3, so that's a nice way				1			j					
inish.	Murphy, Meghan	6 52	14.2	7 7.3	21.45	7:18		36				
were a bit disconnected from the team early in		7.02	17/2	7.15	21,43	7,10		- 30	+	22:1	12 0:14	0:2
race. Especially when we have so many racing ether, you should try to take advantage of				1								
orking with your teammates and not having to								1		I		
for yourself. You were super close to your												
oria time, which means you are ready for a big next week! Nice job!	Dunn, Katie	7:06	14:3	7 7:3	21:57	7:20	54					
e PR today kiddo! You are still so new to		7.00	14.3	1.3	4113/	1:20	54				1:45	
ning and racing that I see a lot of these coming it way if you keep practicing tough every day		- 1										
focusing on that consistent effort. Mile 2 was						1						
ut 40 seconds slower than 1 and 3, so that	O-stales V											
uld be your focus mile next week. at PR! What makes me excited is that you are	Castelan, Yocie	7:13	15:0	5 7:52	22 23 00	7:18	60				2.11:00	
ng after it-attacking practices and races like												
are out to prove something. Keep doing your									1 1			
rcises to strengthen your hips and core, ause that will really help your confidence and									1			
n level when the race gets tougher in the middle								1				
e. Keep up the great work, and keep working lish your races as well as you start!	Goduto, Angie	7:01	15 0		22.40.00	7.00						
ou know that you just ran within 10 seconds of	S-Serv, Allyle	7,01	150	3 8:04	22 43 00	7:38	71			25:12:0	0 2.31.00	2.29.00
your Wolf time said you could? You ran a												
t race from start to finish and PR'd by several ites this season and ran over 2 minutes faster										1		
you did here last year. Keep pushing yourself												
actice, and you can get used to seeing this	Patterson, Ellery	7.00	4,674]]							
of improvements at meets. Awesome job! juite sure what happened in today's race. You	r autrisuit, Ellery	7:22	15:1	7.49	22 53 00	7.42	82			0:5	9 2:41:00	2:06
ed out great mile 1 but were way slower than												
are capable of miles 2 and 3. Know that you been practicing and training great and that					ļ l		1			1		
are capable of running 7 minute miles the		1					1			1	1 1	
ele race. You are due for a cross training day to yourself a little extra rest, and you'll be ready		- 1										
big PR next week!	Banks, Mallory	7.14	15 2	8.10	23 31 00	8 07	105				3:19:00	
some PR kiddo! Your splits are starting to				5.10	2,2,1,00	- 07			-		3: 19:00	
n out a bit, but I still know you can run mile 2 er than 8 53. Regardless, you ran a strong] =	1						1 1	
tonight and just keep getting better and												
er! Keep working hard-you're doing great!	Sniegowski, Madison	7.32	16 2	8 53	24 47 00	8:22	135				4:35.00	
at PR today! You have been looking better better in practice, and it's starting to show in				1								
s as well. You can still focus a bit on mile 2.												
know you can be more consistent and try to to to loser to 8 minutes. Keep those PRs										1		
ing! Awesome job!	Wilke, Lanaya	7:49	16 48	8:59	25:28:00	8:40	151			1	5:16:00	
PR today! You're really starting to run like a				3,30		5.70			 		3,10,00	
er and attack races with more confidence p working mile 2, and try to get it closer to 8										1		
You have the strength and the ability to run												
miles 2 and 3 as well as you do mile 1.	Hemmar Emily	7.50	47.44		25-40-04	255						
nitely a big improvement from Tuesday, and all	Hemmer, Emily	7:58	17:10	9:12	25 46 00	8:36	-	138			4:15:00	
is considered, this was a pretty strong race for				1								
Same thing as a few of the others—you are ble of running much faster mile 2, so try not to												
too much. Keep that determination going.	1											
eep it up! was close to your PR, but not quite there. I'd	Nolf, Becca	7:58	17:10	9:12	25 50 00	8:40		139			4:19:00	
was rines to your MM but not quite there. I'd I					T							
ou to adopt the mantra "If I can do it for one												
ou to adopt the mantra "If I can do it for one can do it for three," You have lots of miles		1			- 1							
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ou to adopt the mantra "If I can do it for one I can do it for three." You have lots of miles of workouts under your belt. Believe that ran finish as strong as you start! Keep your klders up, and keep running tall. You had a g race today, but we still know you are ble of more!	Lopez, Jess	8:16	18:04	9:48	27:39:00							
ou to adopt the mantra "If I can do it for one I can do it for three." You have lots of miles ots of workouts under your belt. Believe that an finish as strong as you start! Keep your iders up, and keep running tail. You had a grace today, but we still know you are bele of more!	Lopez, Jess McGavin, Mary	8:16	18:04	9:48	27:39:00 back							-
ou to adopt the mantra "If I can do it for one I can do it for three." You have lots of miles ots of workouts under your beit. Believe that an finish as strong as you start! Keep your ders up, and keep running tall. You had a grace today, but we still know you are	McGavin, Mary Salmeron, Emily	8:16	18:04	+ =					+			
you to adopt the mantra "II I can do it for one . I can do it for three." You have lots of miles lots of workouts under your belt. Believe that can lishsh as strong as you start! Keep your liders up, and keep running lail. You had a g race today, but we still know you are the of more!	McGavin, Mary	8:16	18:04	+ =	back							
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Benet	105	3	Wheaton North	96	3	Downers Grove South	102		
Naperville Central	138	4	Naperville Central	97	4	Benet	106		
Oswego East	142	5	Benet	121	5	Wheaton North	143		
Liberty	150	6	Oswego East	123	6	Mother Meauley	175		
Lincolnway Central	156	7	Mother Mcauley	226	7	Lincolnway Central	180		
Wheaton North	195		Sandburg	240	8	Sandburg	230		
Sandburg	244	9			9	Oswego East	236		
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Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	En/Sa Diana	0 81	Varsity	Mile to	Last Year			Last Ye
Zarembski, Maddie	5:42			17:35	1		Open Place	Place	Go	PL	Last Year Time	Split from #1	Differe
Ede, Morgan	5:56			18:14				-		7 441 5	40.40		-
Sim, Katherine	6:04	12:23	6:19	18:16				-	-	7 4th F	18:40		\vdash
Allen, Naylah	6:03	12:35		18:55				-		4 3rd F	18:37		-
Clark, Ana	6:22	13:03		19:28	_	9		-		84 F/S	22:09		-
Gall, Elyssa	6:06			19:39		9		12		15 701 5	20.45		-
Barroso, Ana	6:15	13:05	6:50	19:41	6:36			12		15 7th F	20:47		-
Mendoza, Liliana	6:19	13:06		19:42				11		FC F/C	22.00		-
Amer, Maddi	6:17	13:10	6:53	19:42		14				56 F/S	22:09		+-
Dunn, Katie	6:28	13:21	6:53	20:06:00		28							-
Allgaier, Leah	6:40	13:36	6:56	20:11	6:35	30	-		_				+-
McKillip, Emma	6:31	13:33	7:02	20:12	6:39	30	26			10.5/5			-
Sim, Kathleen	6:31	13:33	7:02	20:20	6:47		29			19 F/S	20:05		+-
King, Hannah	6:45	13:52	7:07	20:43	6:51	56				38 J/S	20:47		-
Murphy, Meghan	6:48	14:04	7:16	20:59:00	6:55	30							-
Garcia, Sam	6:45	14:11				70	50			42 F/S	20:58		0
Salmeron, Emily	6:40	14:11	7:26 7:34	21:09:00 21:20:00	6:58	73				27 F/S	20:17		0
Castelan, Yocie	7:05	14:14			7:06	84				41 F/S	20:57		0
Goduto, Angie	6:52	14:38	7:33 7:37	21:37:00 21:38:00	6:59	96							+
Viano, Gaby	6:58				7:09	97				75 F/S	22:09		
Sniegowski, Madison	7:22	14:50	7:52	22:10:00	7:20		89						
Banks, Mallory	7:05	15:12	7:50	22:48:00	7:36	135				-			
Patterson, Ellery	7:05	15:37	8:32	23:30:00	7:53	155							-
Wilke, Lanaya		16:10	8:35	24:08:00	7:58	177				108 F/S	23:18		0
	7:45	16:16	8:31	24:26:00	8:10	183							<u> </u>
Hemmer, Emily	8:06	16:49	8:43	24:40:00	7:51		177						_
Wolf, Becca	8:06 8:11	16:49	8:43	25:05:00	8:16		190						ļ.,,
Lopez, Jess McGavin, Mary	9:11	17:59	9:48	26:54:00	8:55		221			157 F/S	26:47:00		0
Webb, Kara	1111												<u> </u>
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Krapez, Marie Scheerenberger, Kitty											12		
Ede, Molly													
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Hartigan, Nicky				_									<u> </u>
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Team Results:	-		_		-				Coach No	tes: Lwan	it to echo wha	t I found in a	loing
											s from our spi		
/arsity:	-					_			accomplis	hments to	day! Somethi	ng else to no	te is th
New Trier	22	1									e not mention well. Not to d		
/ork	27	2									me of these h		
Mahomet Seymour	41	3							milestone	s! These v	vere the PR's f	rom this sea	son:
Hersey	46	4									ily H: 1:06, An Yocie C: 0:46,		
Oswego East	47	5									tocie C: 0:46, 2, Lili M: 0:39,		
.ockport	48	6							G: 0:30! I	lere were	the major mile	estones acco	mplish
Benet	54	7									9! Ana C, Mad		
St. Charles East	56	8									Yocie C and A Inder 25 to su		
Waubonsie Valley	56	9						1	H sub 25!	Jess sub 27	71 We are get	ting the miss	ing pie
Wheaton North	66	10									r way to a top		
		11									or both Section		

Service and the		الداء والعم	10/6	718 at Os	wego East	(Rine Az.	SilverWe			celled)			
Athlete	Mile 1	2 Miles	salle 2	Clasiah		e. (e. et.		Varsity	Mile to	Last Year			1
Zarembski, Maddie	THE RESERVE OF THE PERSON NAMED IN		Militaria and American	Finish	The second second		Open Place	The second livery	Go	PL	Last Year Time	Split from #1	
	5:56	7 11	Annual Control of the	The second second			0.00		1				
Sim, Katherine	6:13								2				
Ede, Morgan	6:13								3				
Allen, Naylah	6:14		-		10			4	1				
Barroso, Ana	6:20		Contract of the Contract of th	20/19									
Clark, Ana	6:30			20137									
Gall, Elyssa	6:15	13:34		20:49	7:15			7					
Amer, Maddi	6:30	13:59		20:51	6:52			8					
Allgaier, Leah	6:45	13:49		20:59	7:10			9					
Webb, Kara	6:20	13:40	7:20	21.06	7:26			10	×			y	I
Mendoza, Lili	6:39	14:05	7:26	21.38	7:33			11				Was not	Ì
McKillip, Emma	6:40	14:14	7:34	21:39	7:25			12					I
Dunn, Katie	6:50	14:33	7:43	22:15	7:42			13			J. Names		1
King, Hannah	6:50	14:33	7:43	22/18	7:45			14					1
Garcia, Samantha	7:00	14:49	7:49	22:20:00	7:31			15				115-246	İ
Ede, Molly	7:00	14:46	7:46	22:39:00	7:53			16			W TO		t
Murphy, Meghan	6:50	14:55	8:05	22 47 00	7:52			17				erg mi	t
Salmeron, Emily	7:18	15:09	7:51	23:03:00				18				ALIAN ESTI	t
Sim, Kathleen	6:42	14:46	8:04	23:05	8:19			19		10000			t
Banks, Mallory	7.34	15:26	7:52	23:15:00	All Control of the Co		PEASE.	20		-			t
Castelan, Yocie	7:34	15:26	7:52	23 23 00				21		F55			t
Viano, Gaby	7:36	15:20	7:44	23:32:00				22		0 1			t
Goduto, Angie	7:18	15:27	8:09	24:01:00	8:34			23					t
Patterson, Ellery	8:13	16:05	7:52	24:46:00	8:41		Marie I	24					t
Sniegowski, Madison	7:36	16:35	8:59	25:43:00	9:08			25					t
Wolf, Becca	8:13	17:24	9:11	26:15:00	8:51	100		26					ł
Hemmer, Emily	8:13	17:24	9:11	26:16:00				27					ł
Wilke, Lanaya	8:13	17:24	9:11	26:20:00	8:56			28	ROSE DE LA COMPANSION D				ŀ
Lopez, Jess		27.23	7.11	20120100	0,50			20					ŀ
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Krapez, Marie										-			┞
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Team Results:													L
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WATER STATE OF THE					10	/12/18 at	SPC Confe	erence at 0	hannal	non				
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3		Open Place	Varsity	Mile to Go	Last Year	Last Year Time	Split from #1	Last Year Difference
A few things to put in writing for youone is that we know you are so fast and so good at this sport, and that the time you ran doesn't seen 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 they are with such confidence, poise, and purpose in a top pack they.								- Open race	Field	GU	1	Last Year lime	phat trem #1	Difference
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! You followed the plan pretty well today. The race strung out a little	Zarembski, Madison	5 45	12 0	6.1	17:5	5.54	_		_	2				
eafier 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 puring down in the weeks to come, and this was a good stepping														
stone for that! You were only a few seconds behind Stogsdill	Ede, Morgan	5:53	12:24	6:3:	18 3	2 6 08			Ι,		0:00	19.04		0:3
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 performanc 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											9,00	13,04		0,3
ocus next week. Keep working on sticking with Morgan in races— ust like you do in practice. You got this—keep it up! 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	Sim, Katherine	5,56	12:42	6:40	18:54	6:12			1	2	0.00	19:07		0:1
you know you are capable of a faster time. I'm confident in that as well-mile 2 should have been about 20-30 seconds faster, and that puts you back under 19 minutes. The adrenaline will be there heat week, so keep up the great work, stay focused, and stay														
confident moving into regionals. You are on fire! From the gun, you were on a mission today. It was great to see	Allen, Naylah	6 00	12:53	6.53	19 10	6 23			18		25 FS	22 10		2:5
you get after it and have the confidence to race like we know you can! If you look at your spits, there is still a lot of room for growth n mile 2, which is awesome to see actually. You are capable to fun 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														
weekyou put yourself in a great position with this race! You looked super strong today! It would have taken a faster mile 2	Webb, Kara	6:17	13:29	7:12	19:37	6:08		- :			18 V	19 22		0:15:0
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 lastly year—it's inspiring to see your journey unfold. From 21: D1 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 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		40	21:01		1:1
Awesome race! You should be super proud, and I know that you aren't satisfied and warted to stay with the front Minooka 3. Mile 2 is where you need to focus—as that is where they pulted 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! Top 25 as a freshman is awesome! You ran strong today and	Amer, Maddi	6 19	13:21	7:02	19 53	6:32	4							
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 heefs of Elyasa! Great race! There were times today in the middle of the race that	Barroso, Ana	6 12	13:23	7:11	19.55	6:32			25					
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! From 21:56 last year to 20:16 this year-you have come a long	Allgaier, Leah	6:39	13:35	6:56	20.01	6:26	6							
way! Your confidence has really flourished this season, and I hope you continue to build that see 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 kiddokeep it up!	Mendoza, Liliana	6 23	13:33	7:10	20 16	6.43								
You stapped up and raced vanish for 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 numing 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! Tons of moreovement, and you rallsh have been inscirational for your			23	7,20	20:20	0.43	Į.	,			22 FS	21:58		1:42:0
Today was your beat race of the season. You ran with confidence	Clark, Ana	6:32	13:47	7:15	20:21	6:34			37					
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! Today was a good race for you, but not the best you've had all	King, Hannah	6:29	13:39	7:10	20:27	6:48	7							
season. I don't think it was any one mile or spot on the course, but jut in general your spitts 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	Dun Katin	5.44	43.00	21.	-2%									
bammates daily in practice! It makes a huge difference! What a great race for you today! You did exactly what we asked you to do, and you finished in the ton 15! You have had some ups and downs this season and had to cross train a lot of days that you wanted to be maning, but you kept your focus and your confidence	Dunn, Katie	6:41	13/57	7:16	20:41	6:44	9							
when it mattered for the team. Awesome job kiddo! Great race boday! 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	Salmeron, Emily	6:41	14:16	7:35	21:00	6:44	15				24 FS	22 04		1:04:0
pretty incredible, and you were right in that mix the entire time You work very well with your teammates, and it has been different pirs 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 bo slow, that will only take you so far Regardlesa, you guys were running with the pack that had to finish														
ast in order to be in the top 18, and all of you fought hard for those spots. Great job! know this race a was a little EMOtional for you, and that is okay! When you think about your journey through the past four years, it	Garcia, Sammie	6:45	14:16	7:31	21:02:00	6:46:00	17	= 1			16 FS	21:04:00		-0:02:00
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!	Fire Washing							-						
Today was not your bast race, but there are still lots of things to be round 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	Sim, Kathleen	6:34	14:05	7:31	21:07	7:02		17			110	21:44		0:37:00
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	McKillip, Emma	6 43	14:07	7:24	21:13:00	7:06:00		18			15 FS	20:54		0:19:00
	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 satisifed 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. Our let that limf 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

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							THE PERSON NAMED IN	-			
season and started challenging yourself to get after practices and											
aces more aggressively I can't tell you how proud of you I am for											1
hat. You've gotten stronger and finished races better as the	Goduto, Angle	7:11	14:58	7.47	22 18	7.20		27		24.50	
eason has gone on. Keep up the great work! ou ran a strong race today. Goal was top 20, and you were not.	Goutto, Aligie	/ 11	14:38	7:47	22 10	7:20		- 27	39 FS	23.50	1 32
o far off of that. You worked really well with your teammates		i	1						1		
roughout the race and looked very strong througout the whole				- 1		- 1					
ing. Be proud of all that you have accomplished this season, are	Castelan, Yocie	7:11	15.01	7.50	22.21.00	7.70.00		20			
sep working hard to make even more big jumps next year! could say the same thing you to that I just wrote to Yocie. You	Castelali, Tocie	7.11	15:01	7:50	22:21:00	7:20:00		28			
uys ran together very well today, and you moved throughout the											
ace. Top 30 is something to be proud of for sure, as well as				- 1							
verything you have done this season! You will absolutely see the				- 1							1
pay off during track season, and I'm so proud of you for all your	Banks, Mallory	7:11	15:01	7:50	22:24:00	7:23:00		29			
and work! Your splits were so even today—and you slowed up a bit the last	Darins, Walloty	- /	25.01	7.50	22.24,00	7.23.00					_
mie. I ou nave come a long way tris season, and I truly reel you	1		- 1						1 1		
re still figuring out how good you can be at this sport. Don't get	1			1		- 1					
complacent. The little, daily things can make a big difference, and want to see you attacking workouts and races with the confidence]			- 1		- 1			1 1		
re have in you! You ran a great race today and were within 2	1			- 1	- 1						
econds of what your Wolf time showed! Great PR and great job!	Patterson, Ellery	7:22	14:50	7:28	22:43	7:53		34	43 0	24:14:00	1 31 (
trong race for you today-even though you didn't quite finish as											
rong as I know you could have! When you think about where you	4	1			-						1
ave come in one year, it's incredible! To have 8:34 be your lowest mile by far in a 3 mile race is awesome. You've seen how					- 1			1			
such hard work and determination can get you, and I hope you	1										
eep working hard to make the same kind of improvements next											
ear! Great job and great season!	Sniegowski, Madison	7:17	14:44	7:27	23:18:00	8:34:00		41			
What an awesome way to conclude your XC career at OEHS											
racing wise anyway)! A PR at Conference, and to finish as strong is you did is so swesome and inspirational! You have battled so		- 1	1			- 1	- 1	I			
nany odds and have been so wonderful to get to coach. I'm so		1		- 1			- 1	I	1 1		
roud of you and hope you will take some of these lessons into	[l						1				
our future! Great job, Becca!	Wolf, Becca	7:37	15:04	7:27	23:32	8:28		46			
Great way to finish your SPC race! With a PR! Your first two miles	4										T
rere incredible, so keep working on that 3rd mile and having the onfidence to finish as strong as you start. You have worked so					- 1						
ard, and I'm so proud of you! Keep up the great work!	Wilke, Lanaya	7:31	15:08	7:37	24:07:00	8:59:00		53			
Vay to finish your last race with a PR! Miles 1 and 2 were											
mazing keep your head up and keep working mile 3 as well-					- 1						
ou are stronger than you think and you can finish mile 3 at the	1	- 1									
ame pace as the first 2. Great work this season _keep it up this inter!	Hemmer, Emily	7:37	15:01	7:24	24:12:00	9:11:00		55			
his year you had more races under 30 minutes than you've ever		- 1,51		7121	21122.00	3,11,00			+		
ad. Even though this wasn't a PR race, I know you worked for it.											
Geep working on consistency both in practice and in races.									1 1		
temember that as a distance runner, if you can do it once, you an do it three times. Great job, Jess!	Lopez, Jessica	8:33	18 28	9:55	27:50:00	9 22 00		100	86 0	27.50.00	
	1	0.33	10.20	3:33	27:30:00	9 22 00		700	850	27:59.00	0.09:0
hanks for your help today!	McGavin, Mary										
				- 1							
								_			
hanks for your help today!	Hartigan, Nicky										
hanks for your help today!	Krapez, Marie										
											_
	Scheerenberger, Kitty			_							
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	Varsity Minooka	38		osh/Soph nooka	23)pen)swego	30			
		38 42	1Mir		23	10					
	Minooka		1Mir	nooka		10 2N	eswego Minooka	30 44			
	Minooka Oswego	42	1 Mii 2 Ost	nooka wego East	41	10 2N	Pswego Ainooka Pswego	44			
	Minooka Oswego Oswego East	42 62	1 Mir 2 Ost 3 Joli	nooka wego East iet West	41 109	10 2 N 0 3 E	Pswego Ainooka Pswego ast	44 64			
	Minooka Oswego	42	1 Mir 2 Ost 3 Joli 4 Ost	nooka wego East iet West wego	41	10 2M 0 3E 4Jd	Oswego Ainooka Oswego ast oliet West	44			
	Minooka Oswego Oswego East Plainfield North	42 62	1 Mir 2 Ost 3 Joli 4 Ost	nooka wego East iet West	41 109	10 2M 0 3E 4Jd	Pswego Ainooka Pswego ast	44 64			
	Minooka Oswego Oswego East	42 62	1 Mir 2 Ost 3 Joli 4 Ost	nooka wego East iet West wego infield	41 109	10 2N 0 3E 4Jd	Oswego Ainooka Oswego ast oliet West	44 64			
	Minooka Oswego Oswego East Plainfield North	42 62 108	1 Mii 2 Osi 3 Joli 4 Osi Pla 5 Noi	nooka wego East let West wego infield rth	41 109 114	10 2N 0 3E 4Jd Pi 5N	Oswego Minooka Oswego ast Oliet West Mainfield Jorth	44 64 137			
	Minoaka Oswego Oswego East Plainfield North Joliet West	42 62 108 137	1 Mii 2 Osi 3 Joli 4 Osi Pla 5 Noi Pla	nooka wego East iet West wego infield rth infield	41 109 114 119	10 2 M 0 3 E 4 Jo 5 N Jo	oswego Alinooka Iswego ast Oliet West Hainfield Iorth	44 64 137 147			
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	Minooka Oswego Oswego East Plainfield North Jollet West Plainfield South	42 62 108 137	1 Mil 2 Ost 3 Joli 4 Ost Pla 5 No: Pla 6 Sot Pla	nocka wego East iet West wego infield rth infield uth	41 109 114 119	10 2N 0 3E 4Jc P 5 N Jc 6C	Oswego Ainooka Oswego ast Oliet West Iainfield Iorth Oliet entral Iainfield	44 64 137 147 150			
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	Minooka Oswego East Plainfield North Joliet West Plainfield South Joliet Central	42 62 108 137 188 196 217	1 Min 2 Ost 3 Joli 4 Ost Pla 5 Nor Pla 6 Sot Pla 7 Cer 8 Joli	mocka wego East iet West wego infield rth infield uth infield ntral et Central	41 109 114 119 168 185 201	10 2 M 0 3 E 4 Jc P 5 N Jc 6 C P 7 C 8	Oswego Ainooka Oswego ast Oliet West Iainfield Iorth Oliet entral Iainfield	44 64 137 147 150			
	Minooka Oswego East Plainfield North Joliet West Plainfield South Joliet Central Plainfield Central Plainfield East	42 62 108 137 188 196 217 268	1 Min 2 Ost 3 Joli 4 Osty Pla 5 Nor Pla 6 Soty Pla 7 Cer 8 Joli 9 Pla	nocka wego East iet West wego infield rth infield uth infield	41 109 114 119 168 185	10 2N 0 3E 4Jc P 5 N Jc 6C	Oswego Ainooka Oswego ast Oliet West Iainfield Iorth Oliet entral Iainfield	44 64 137 147 150			
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	A SELECTION OF THE SELE	22			1	0/20/18 a	t IHSA Osi	wego East	Region	al				
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place		Mile to	Last Year		Split from #1	Las
Today was a very strong race for youl. You continue you impress us by											1		ppactron, az	-
the way you attack races and aren't Intimidated by anyone! Awesome ob, congratulations, and let's get it done again next week!	Zarembski, Maddie	5:48	12:0	6:14	18:04	6:02				-			0.00	1
Today was solid, and we know mile 2 can be even stronger! Great job	Care/IIDaki, Waddie	3.40	12.0	0,14	10.0	0.02	1			1			0.00	1
establishing position early in the race—just make sure you respond as														1
others move in the later stages. Congratulations and let's earn another	F-1- 14						1		Ι.					
week next week!	Ede, Morgan	5:55	12:2	6:34	18 40	6:17	1		10	1	-	-	0:42	4
Today was a very uncharacteristic race for you-whether that makes you feel better or worse, I'm not really sure. Your consistency and hard work														1
and ability were not on display today, and that is a very hard thing to							1			1		ł	l	1
handle when it is season-ending like this. You will bounce back, and you										1			l	1
will prove again that you are more than just one race. The timing of this was awful, but I'm confident you will be stronger for it in the long run.										1				
was awrut, but I in consident you will be stronger for it in the long run. Keep your head up, and focus on bouncing back!	Sim, Katherine	6:04	12:5	6:48	19:3:	6:39	J		4	,			1 27	
think today was a situation in which you just were not prepared for			1	-					1 7	1	_		412	\vdash
what happened. You were/are good enough to step up and be in our														
top 3 on our team, and a lack of confidence allowed your doubts to	1													
creep up and take hold. Keep your head up, keep working, and know that you are better than this one race showed! We must learn from this												l		
and move on tagether.	Allen, Naylah	6:06	12:5	6:51	19 34	6.37	,		45	5	1	1	1:30	
To step in like you did and run a very strong, solid, close to PR race is so													-	
impressive! I wish our pack would have been stronger today, because		- 1									1			
you really did all we could have asked of you. Keep working hard and be so proud of your journey this season-you did an amazing job!	Amer, Maddi	6:18	13:1:	6:53	19:49	6:38			41		1		1:45	
You struggled a bit today, but it really wasn't the worst race ever. Mile 2	Times, Ividual	0.10	13.1.	0.55	13,4	9 0.30	1			9	+	_	1742	1
shows the rough patch a little bit more drastically, and we were still		1				1			1		1			
hoping to see that pop in a race that we see all the time in practice. You	r							l .						
time really wasn't that far off, but I know we were all hoping for a better				i		1						Į.		
team result in the end. Stay confident and keep working! Keep your head up and know that we will get through this together and be stronger				l			1					[
for it moving forward.	Gall, Elyssa	6:12	13:2:	7:09	20:18	6:57	4	1	56	s			2:14	
You did not look like you today in the race. Mile 2 was rough, and the														
race got away from you. I don't want to dwell on this because you have				i i			1							
had a great season, and you are only at the beginning of your career! Keep working hard and get back out there-we'll bounce back and be				1			1							
stronger than everl	Barroso, Ana	6:28	14:14	7:46	21:22	7:08			67	2			3:18	
										1				-
			Team											
			Naperville											
			North	20										
		2	Oswego	84										
		3	Benet	111										
			Waubonsie											
		4	Valley	126										
			Naperville											
		5	Central	132										
			Neugua Valley	149										
		7	Oswego East	156										
		8	Metea Valley	165										
			Metea Valley West Aurora	165 257										
		9												

					10/27	10/27/18 at IHSA Waubonsie Valley Sectional	A Waubon	ısie Valley	Sectiona					
eedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Varsity	V sold neg	arsity Mile	Mile to Last Year		Last Year		
Congravulation, Maddiell You got after it today and got the Job done it conditions are all little more stain in your face than you usually show, and it think you were your emotions on your sleeve a little more today than tour usually do, but in the end you flictle est strong and ran very rough Mile I was a lad quider than you are used to, but it is a great lough! Alle I was a lad quider than you are used to, but it is a great you are capable of-think back to your mile repeats and arraining workouts this season. Take a deep breath and be proud of what you were get to focus on having the best race you are stated to day! Now we get to focus on having the best race you are stated.	Zarembski, Maddie	On Si	0	6:23	181	813			, t					
id don't doubt that you worked hard loady, but you definitely shifted from "zeting" to "running". Bottom line it you work too hard, are too good, and have too much potential to not race your best and give it all on the but has a set to the set and write some thoughts down that you can refer back to. It was a little disappointing to set that mile 2 was a for of what you've been defined this whose season. After talking to you, I'm confident your extra discomfort was because the first mile got out a little quicker than you are used to. It shouldn't first mile got out a little quicker than you are used to. It shouldn't growner, however, because you truny are good brough and were ready to go that rate-don't doubt yourself! We are groud of you no matter what, measure though and was ready to make any equal to what was a sour set to the you not matter what.						n n			<u> </u>					

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	Last Year TimeSplit from #1 Difference								Ī
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11/2/18 at IHSA State Meet!	Varsity Fr/So Place Open Place Place								
1/5/1	ŭ.	6:01							
11	Mile 3		aı						
		17:29							
	Finish	Q							
		9:00							
	Mile 2								
		11:28							
	2 Miles								
	E.	5:28							
	Mile 1					-			
		die							
	Athlete	Zarembski, Maddie							