10/14/17 SPC Conference at Channahon														
	Athlete	Mile 1	2 Miles	Mile 2	Finish			Open Place	Varsity Place	Mile to	Last Year Pl	Last Year Time	Split from #1	Last Year
Nice race today! You did exactly what you needed toran	Attricte		Limitos	mic 2	1 1111311	iiiiic o	riuce	lucc	lucc		Tearre	Last Tear Time	Spiit IIOIII #1	Difference
smart mile 1, moved at the 1.5, and took off mile 3. Way to get past the parts last year that didn't go so well and														
get to that finish line. Top 3 in conference! Way to go! Next week you should see yourself in the top 3 as well.														
Great job, Abby! What an amazing race for you today! That chip on your	Flammersfeld, Abby	5:54	12:19	6:25	18:22	6:03	8		3		18		0:00	
shoulder proved to help you out and get you in that top 18—and shooting for the top 10. You are one of the very,														
very few athletes who actually PR'd today, which shows														
how much better you are than even some of the times you've run this year. Way to step up and lead our pack to														
a great race today. Keep it up the next 3 weeks, and all those goals will be achieved—just like becoming All														
Conference! Congrats! You ran strong today, Morgan! You should see yourself	Bonczkowski, Amanda	6:05	12:37	6:32	18:50	6:13	3		11		19		0:28	
with the top girls in our conference, and this was a big														
step forward. Way to work with our pack and keep pushing towards the front. Mile 2 was a little slower,														
which isn't surprising, but something to keep working on for next week. You should see yourself in the top 10-15 in														
our Regional too! Great job! Week after week, you are running well and should be	Ede, Morgan	6:02	12:37	6:35	19:04	6:27	1		14		28		0:42	
gaining so much confidence! You are ready for a big PR in														
the weeks to come. Keep working with our pack, moving to the front of the race as the race goes on. In the next														
few weeks, make sure to go with the race so we can really do some damage up front! Keep it up, Katherine! Great														
job! Congrats on your first All-Conference honor! Whew! Congratulations! Take a deep breathgetting	Sim, Katherine	6:05	12:41	6:36	19:07	6:26	j .		15		5 FS		0:45	
that race under your belt, accomplishing All Conference,														
and running so well should give you so much confidence! We'll keep working in the weeks to come to make sure														
that continues to happen. Remember, you have done the foundation work and the miles all season, and this is why!														
You ran great, and have even better races ahead in the														
weeks to come! Stay on top of your icing/rolling/exercises. Great job, Kendra!	Standish, Kendra	6:04	12:40	6:36	19:08	6:28	8		16		23		0:46	
Nice job kiddo! All Conference! Congratulations! Looking at how the race progressed, you dropped back a little														
more than we would have liked. You are good enough, strong enough, and fast enough to stick right in our pack														
and we need you in there! You ran great and														
accomplished a big goal. The weeks to come should be focused on racing with our pack and pushing to the front														
of the race. Think about making that move at the 1.5 mile mark and then trying to roll a little more mile 3. Great														
job!	Webb, Kara	6:05	12:47	6:42	19:22	6:35	i .		18		4 FS		1:00	
You ran strong today, even though I know you are faster! You were a little compromised, which I think is where the														
slower splits came from. In the weeks to come, you have to stick with our pack early so you can continue to move														
with them during the later stages in the race. If you get disconnected too early, it's so hard to make up ground.														
We also need 7 strong in the race, and you have worked														
too hard to not put yourself in with our other 6 runners. You can do it! Stick stick stick!	Gyori, Isabella	6:18	13:29	7:11	20:30	7:01			32		30		2:08	
You have had a great season! I know you're disappointed, but you still ran very strong and finished in the top 15 in														
the conference! Even with as much improvement as you have had, you still haven't tapped into your full potential														
yet. Keep working, and it will definitely pay off! Great														
job! For the weeks to come, keep focused like you are racingyou need to be mentally prepared to race, which														
is a challenge I know you are up to! You moved up very well in this race! Unfortunately, the	McKillip, Emma	6:36	13:49	7:13	20:54	7:05	15							
first mile was a little slow, so you didn't see the race reflected in your time. You moved up in the race better														
this time. Be very happy with the 2nd and 3rd miles but														
know that your first one could have been a little quicker to maintain contact earlier on. Overall, great job!	Nepereny, Alyssa	7:02	14:01	6:59	21:00	6:59	9	1	3					
You got after this race like you should. Don't lose confidence! Think about how hard you have trained,														
week in and week out. Your body is capable of more than you thinkit's the head that needs to follow! Keep														
working your butt off, and you will be one of the big														
reasons we meet our team goals in the weeks to come! I think in this race, a little physical pain and a little loss of														
confidence in the middle of the race is what causes you to lose steam. The best runners are the ones who push														
through it and get everything out of their training possible. That has to be the only thing on your mind mile														
Stick stick stick!	Gall, Elyssa	6:21	13:54	7:33	21:01	7:07	,	4	<u> </u>					
You came back strong in the 3rd mile, but lost a little ground mile 2. I know the past few weeks have been														
toughwhich is expected when you go from junior high to high school and think about how much you have done														
dating back to summer. You have trained this hard for a reason, and it definitely paid off. You have a lot to be														
proud of and a lot to look forward to!	Garcia, Sammie	6:43	14:09	7:26	21:04	6:55	16							
This was a better race for yougetting back into racing well again! It was great to see you at the front of the race														
where you should be! You are strong enough to have a faster mile 2, but I know you know that. Think about your														
form and pushing through those tough patches. In your mind, it helps to break the race up into smaller chunks,														
which could be really helpful. Keep up the great work and	Cchaoranha Viti	6.25	14.00	7.04	24.4-	7.00	,] .						
great training, and the races will follow! Great job! Miles 1 and 3 were great! Based on splits, it looks like you	Scheerenberger, Kitty	6:35	14:09	7:34	21:17	7:08	7	 	1					
lost a little focus and probably had some pain during mile 2. This is something to keep working on. You have														
pushed so hard in practice to get to this point, so don't														
forget that in the middle of a race and take a break. 3 miles is 3 miles, so you might as well give it all you've got														
and keep your focus on getting to that line and beating people in those rough patches. Nice job being in the top														
18! From last year's conference meet to this year, you ran	Sim, Kathleen	6:36	14:38	8:02	21:44:00	7:06:00		1:	<u> </u>					
almost a minute faster! You had so much improvement														
this year, and I know there is even more improvement you will see in the seasons and years to come. Your work														
ethic is what's going to make that possible, so keep working hard and being your positive self! You've had a														
great season, and I'm very proud of you!	Murphy, Meghan	6:42	14:19	7:37	21:45	7:26	21							

You have improved so much in just one year! It's												
incredible! I still think you don't give yourself enough												
credit for how good you are and how good you are going to be. Your workouts have been great, and your races are												
really coming along as well. Your mental toughness is												
impressive, and I can't wait to see what you accomplish moving forward. In today's race, you ran well, but I know												
you are actually good enough to be in the top 18! I hope												
you take that into next season and keep working hard!	Mendoza, Liliana	6:43	14:22	7:39	21:58	7:36	22	2				
First mile was great, and then you started running rather than racing today. The fact that 22:04 is comfortable for												
you and looked so easy is awesome! I think you have just												
scratched the surface of how good of a runner you could												
be. You have speed, and you have gotten stronger and												
better with distance training. Keep it up, and keep working hard with your teammates! Great job!	Salmeron, Emily	6:56	14:37	7:41	22:04:00	7:27:00	24	1				
You almost set a PR today, which not very many people												
did! The last few races have been very good for youand												
you are looking more powerful and strong in them. Great job running with Emily and not falling back and losing												
contact. You still have more in you, and you'll continue to												
improve by a lot each season! Keep it up!	Allen, Naylah	6:56	14:37	7:41	22:10	7:33	25	5				
You ran through all kinds of emotions and postures in the race today. First mile was great, from the 1.5 to the 2.5												
was pretty rough, and then you pulled it back together												
the last 800 meters to finish strong. You should know you	ı											
are good enough to stay in that top 18 and earn an award I know you had a cramp, and that changed your form, and												
you lost confidence and let some girls pass you. Try to												
keep pushing, and stick with the first girl who tries to pass												
you while you work out the cramp. Great job finishing the	Stonehocker, Anna	7:03	15:05	8:02	23:03	7:58		23				
race strong! Keep working hard! Couldn't ask for a cooler finish than for you to be the tie	Storieriotici, Allia	7.03	15.03	0.02	23.03	7.30	1	1 23	 	 		
breaker for the team title. I know you aren't happy with										1		
your time, but running isn't always about that. I believe												
you are a better person and our team has been better for having you the past four years. It hasn't always been												
easy, but knowing the impact you made should make you	L											
very proud! Great job!	Dillman, Alexandra	7:26	15:35	8:09	23:40	8:05	1	29	\sqcup			\sqcup
I know you had some anxiety going into the race and				7								
further hurting yourself. You did a great job once the race started! You looked good, smooth, and were smiling! I	1											
know it's never appealing to think about starting a race										1		
and not finishing it, but if you don't start, you'll never												
know! Great job pushing through and finishing in the top half of the race!	Goduto, Angie	7:29	15:49	8:20	23:50	8:01	39					
You might not be super happy with the time you ran	- June Co, Aligic	1.23	13.43	0.20	23.50	0.01	1 3					\vdash
today, but you did things in the race you haven't done all												
season, and you really put it out there! You got out well mile 1, and you made a HUGE move to get back with												
Alexandra and in order to not run by yourself! That was												
amazing to see! Those moments are things you can look												
back upon and have confidence that you have the												
strength to make them happen. It wasn't an all-time PR today, but it was a season PR! I'm proud of you Maddie!	Patterson, Maddie	7:27	15:49	8:22	23:58	8:09		35				
Every race is more experience for you and a step in the	accersori, madaic	71.27	10.10	0.22	25.50	0.00	1	- 33				
right direction. You improved a ton this year, but I want												
you to know you have a lot more in you! Keep working												
hard, and don't be afraid to get out of that comfort zone! You are running strongthe next step is trying to race and												
beat people! Today was solid, but you would have had to												
push more miles 2 and 3 to set a personal best. Nice job	Datterson Ellen	7:42	16:06	8:24	24:14:00	8:08:00	,	12				
keep working hard! Very proud of you for all the effort all season, and for	Patterson, Ellery	7.42	10.00	0.24	24.14.00	0.00.00	1	43				
finishing this race strong! We definitely figured out a												
strategy that works for you, and one to apply to both												
racing and life. Break things up into manageable pieces,												
and they don't seem so bad! Great job, and way to push to the finish!	Krapez, Marie	8:09	17:32	9:23	26:56:00	9:24:00		77				
Your last 3 races were all well below 30 minutes, which is												
great! Remember that distance training is what makes it												
possible to run the same time for all 3 miles. Your next goal should be 24:00running 3 x 8 minute miles. You												
can do it! Great effort this season, and keep working												
hard! There are no limits with how much you can												
improve in distance running.	Lopez, Jessica	8:13	18:13	10:00	27:59:00	9:46:00)	86				
Thanks for your help today!	Lee, Rosie			∟ Т	7				∟ ⊺	 L		_ 7
Thanks for your help today!	Sniegowski, Madison											
Thanks for your help today!	Wolf, Becca								\vdash	 	 	\vdash
	Weizeorick, Shannon							-			-	
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	Oswego	69	3	Oswego East	98		Minooka	49				
							Plainfield					
	Plainfield North	71	4	Joliet West	99	4	North	85				
				Plainfield								
	Plainfield South	160	5	North	107	5	Joliet West	119				

Joliet West	163	6	Joliet Central	156	6	Joliet Central	152			
Joliet Central	206	7	Plainfield Central	185	7	Plainfield Central	213			
Plainfield Central	208	8	Plainfield East	226	8	Romeoville	260			
Plainfield East	274	9			9					
Romeoville	DNS									