		10)/24/15 at II	ISA Regiona	al (Kress C	reek Farm	is)				
Feedback	Athlete			Mile 2			Fr/So Place	Open Place	Varsity Place	Split	
Congrats! You got out well, but mile 2 looked a little tired. You came back around at the end and did what you needed to advance. We knew times											
weren't going to be fast, so don't dwell on that. Next week is a completely different kind of course, but another chance to succeed. You are fast enough and tough											
enough to advance, but you have to maintain position and keep moving up throughout the race. Next week won't be easy, but you have to go for it.	Henz, Alexis	5:52	12:47	6:55	19:40	6:53			37	0:00	
You got out so well today! You put yourself to the test by going out with Alexis and running as hard as you could throughout the race. You weren't looking forward to the hills, and it's not a surprise the course was not fast today. Next week is flat and fastif you run with the same kind of		0.02	IL.TI	0.00	10.40	0.00				0.00	
approach and go for it, you have a legitimate shot to advance! Congrats on running a tough race!	Flammersfeld, Abby	5:53	12:44	6:51	19:50	7:06			40	0:10	
Congrats! You lost a little ground at the start, but looking at your other race splits, this was still one of your fastest first miles of the season. Moving foward, you have to keep contact with Alexis and the front of the race in order to have an opportunity to advance next week. You didn't give up and kept working hard throughout											
this race todaywe are proud of you! You ran well! Mile 2 was a bit	Standish, Kendra	6:03	12:53	6:50	19:50	6:57			41	0:10	
rough, but you kept your focus and pulled yourself back into the mix by the end. You came so far this season-we are so proud of you! Great job!!!	Weizeorick, Shannon	6:06	13:11	7:05	20:04	6:53			46	0:24	
You ran hard. Disappointment can be the best motivation. Don't stress about what went wrong. Learn from it, know you are much better than this race, and let's focus on track season and getting some retribution from this season! It is never too late to make your senior year a great one. Keep your head up and keep working hard! Remember									400		
that hard work will pay off. Be so proud of what you have accomplished this season! You weren't in our top 10 in Peoria, and by Regionals, you moved into our top 7! The race was tough-lots of girls ahead of you. You went out well at the mile, but were just a little too far back to maintain contact with the race. You will keep closing the gap in order to stay in the race and finish in a top position. Great job this season! Keep		6:04	13:03	6:59	20:06	7:03			48	0:26	
working hard! So proud of you for stepping in and racing for the team—no questions asked! You were warmed up and ready to go, and that is huge! You ran well and ran your best first mile of the season. I'm proud of you for not being intimidated. You and Elyssa both beat the F/S champion from last week's conference race! Next time you will be		6:09	13:27	7:18	20:31	7:04			50	0:51	
able to maintain contact with your teammates and the front of the race. Good job today! Proud of you for letiting me know you weren't at 100%. That takes guts and shows	Sim, Katherine Bonczkowski, Amanda	6:06	13:21	7:15	20:34	7:13			51	0:54	
You did a great job warming up with the team and leading the troops! It is an important role, even when you're not racing!	Buado, Ashley										
You did a great job supporting everyone today—warming up with the team, and cheering during the race! It means a	Boissiere, Madison										

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Proud of you for getting through the regular season and trying to gut it out to warm up with the team. Great team attitude and support!									
and trying to gut it out to									
Warm up with the team. Great team attitude and									
support!	Sim, Kathleen								
You always have the right attitude when it comes to being there and being part of the team. I'm glad you were able to finish this season in our top 12!									
being there and being part of									
the team. I'm glad you were									
our top 12!	Nepereny, Alyssa								
				L					
			Team Res	ults					
			Naperville North						
			North	32					
			Neuqua Valley						
			Valley	73					
			Plainfield	00					
			North	80					
			Oswego	100					
			Metea						
			Valley	106					
			Naperville Central						
			Central	115					
			Oswego East	212					
				212					
			Waubonsie Valley	235					
			West	233					
			Chicago	272					
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