

10/3/15 at Niles West											
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	F/So Place	Open Place	Varsity Place	Last Year	Split
1st mile off pace; 2nd/3rd miles looked strong, but you still lost ground--with slower 1st mile, miles 2 and 3 can't be more than 15 sec slower; finished well but need to get confident and contend for the front	Cain, Abby	6:07	12:44	6:37	19:16	6:32			12	8	0:00
Mile 1 looked strong, looked too tired too soon--keep your focus and believe you are strong enough to run 3 x 6 min pace; should be comfortable sitting on front pack and then move up--not back	Henz, Alexis	6:00	12:43	6:43	19:26	6:43			18	9	0:10
Great race today--you and Kendra ran great together. Mile 1 can still be faster; but your 2 and 3 are coming down each week. Keep it up!	Flammersfeld, Abby	6:14	12:55	6:41	19:33	6:38			20	19	0:17
Looked strong with Abby; next week need to get out faster mile 1 but put your focus on mile 2; You guys did a great job closing the gap on our front 2--next week split of 15 or less!	Standish, Kendra	6:14	12:56	6:42	19:37	6:41			24		0:21
Big jump up to close the gap! 1st mile needs to get out a bit faster so you don't have so much ground to make up. 50 seconds behind #1, need to be 30 or less by end of the season; every little thing matters--each day in practice focus on that gap	Weizeorick, Shannon	6:36	13:22	6:46	20:06	6:44			38		0:50
Looking stronger each race; need to get out of your comfort zone; you have been going out slower and looking stronger, but you need to put yourself in the race, maintain contact with our 3-5 runners--we need more in that pack!	Boissiere, Madison	6:34	13:22	6:48	20:16	6:54			44	40	1:00
1st mile was good--you have to keep miles 2 and 3 under 7:00 for sure, under 6:40 preferred; have to keep focus; looked good during surges, but only did a handful; keep your 90 second focus each race	Buado, Ashley	6:14	13:19	7:05	20:30	7:11			57	55	1:14
Ran strong with a large field, but you looked too comfortable throughout the entire race; be confident when running in the varsity race--you can stay up with our front pack! Have to get mile 1 out faster and keep 2 and 3 under 7:00 for sure	Gall, Elyssa	6:38	13:56	7:18	21:13	7:17			91		1:57
Looking stronger each race, but you looked super comfortable too; fastest time all season, but I know you are still better than you have raced--keep it up!	Sims, Annie	6:36	13:56	7:20	21:19	7:23			94		2:03
Look on the challenge in your first season--did a great job, but you are still faster than you think! You can get out faster mile 1 and keep 2 and 3 under 7 minutes--don't be afraid to close the gap on our pack--you belong there!	Heidkamp, Halie	6:42	14:05	7:23	21:29	7:24			112		2:13
Wow! Your times have come down by over a minute in just over a week! You are doing a great job getting back into form--keep it up! Keep working with your teammates and challenging yourself to stay with the next one ahead!	Patterson, Maddie	6:53	14:14	7:21	21:36	7:22	30			75	
Best race of the season--you looked so strong every time we saw you--2nd mile was a little slow, but your third mile was great; I could tell you would be our #2 in the race, just by how you looked; keep your focus because it was great today!	Jaros, Hannah	7:08	15:12	8:04	22:11:00	6:59:00	51				
Best race of the season--you looked much stronger today, and your times show very consistent effort; bring mile 1 down and stay with Maddie--you should be right on her hip	DeBoer, Gabby	7:05	14:39	7:34	22:12	7:33	52				
You showed your maturity and leadership getting out after mile 1 and setting the tone, but you showed signs of fatigue throughout--I didn't know you were feeling so ill, and I'm impressed you didn't use it as an excuse prior to the race--you didn't say anything until it was over. Feel better and get after next week the same way--getting healthy will help bring miles 2 and 3 back where you want them	Dillman, Alexandra	6:48	14:39	7:51	22:16	7:37	55			35	



		5	Trinity	172	Prospect	167	Willowbrook	173				
		6	Niles West	188	Saint Ignatius	219	Mother McAuley	191				
		7	Oswego	190	<b>Oswego East</b>	<b>227</b>	Niles West	195				
		8	Lake Park	199	Glenbrook South	255	<b>Oswego East</b>	<b>223</b>				
		9	Mother McAuley	233	Glenbrook North	259	Glenbrook South	238				
		10	Prospect	243	Northside Prep	282	Trinity	268				
		11	New Trier	279	Leyden	312	Lincoln Park	323				
		12	Loyola	304	Argo	341	Niles North	352				
		13	Woodstock	324	Evanston	350	Glenbrook North	379				
		14	Leyden	342	Taft	355	Von Steuben	423				
		15	St. Ignatius	349	Niles West	355						
		16	Deerfield	394	Round Lake	421						
		17	Hinsdale South	426	Niles North	471						
		18	Saint Viator	452	Lake Park	500						
		19	Mather	585	Mother McAuley	514						
		20	Willowbrook	589	Trinity	596						
		21	Eric Solorio Academy	630								
		22	Argo	664								
		23	Fenwick	692								
		24	Von Steuben	731								
		25	Resurrection	751								
		26	Woodstock North	767								
		27	Niles North	777								
		28	Marian Catholic	863								
		29	Lindblom	863								
		30	Lake Forest	872								
		31	Oak Forest	891								
		32	Regina	919								
		33	Steinmetz	959								
		34	Glenbrook North	984								