| 10/3/15 at Niles West | | | | | | | | | | | | |
|---|---------------------|--------|---------|--------|----------|---------|----------------|---------------|------------------|--------------|-------|--|
| Feedback | Athlete | Mile 1 | 2 Miles | Mile 2 | Finish | Mile 3 | Fr/So Place | Open Place | Varsity Place | Last Year | Split | |
| 1st mile off pace; 2nd/3rd miles looked strong, but you still lost groundwith 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 | | 6:07 | | 6:37 | | | | | 12 | | | |
| 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 upnot | | | | | | | | | | | | |
| back Great race todayyou and Kendra ran great together. | Henz, Alexis | 6:00 | 12:43 | 6:43 | 19:26 | 6:43 | | | 18 | 9 | 0:10 | |
| Mile 1 can still be faster; but your 2 and 3 are coming down each week. Keep it up! Looked strong with Abby; | Flammersfeld, Abby | 6:14 | 12:55 | 6:41 | 19:33 | 6:38 | | | 20 | 19 | 0:17 | |
| 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 2next week split of 15 or less! | | 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 | | | | | | | | | | | | |
| matterseach day in practice focus on that gap Looking stronger each race; need to get out of your | Weizeorick, Shannon | 6:36 | 13:22 | 6:46 | 20:06 | 6:44 | | | 38 | | 0:50 | |
| comfort zone; you have been going out slower and looking stronger, but you need to put yourself in the race; maintain contact withour 3-5 runnerswe need more in that pack! | Boissiere, Madison | 6:34 | 13:22 | 6:48 | 20:16 | 6:54 | | | 44 | 40 | 1:00 | |
| Ist mile was goodyou 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 | | 6:14 | 13:19 | 7:05 | 20:30 | 7.44 | | | 57 | 55 | 1:14 | |
| race 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 | Buado, Ashley | 0.14 | 13.19 | 7.03 | 20.30 | 7:11 | | | 31 | 33 | 1.14 | |
| and 3 under 7:00 for sure Looking stronger each race, but you looked super | Gall, Elyssa | 6:38 | 13:56 | 7:18 | 21:13 | 7:17 | , | | 91 | | 1:57 | |
| comfortable too; fastest time all season, but I know you are still better than you have racedkeep it up! Took on the challenge in your | Sims, Annie | 6:36 | 13:56 | 7:20 | 21:19 | 7:23 | | | 94 | | 2:03 | |
| first season-did a great jób, 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! Wow! Your times have come | Heidkamp, Halie | 6:42 | 14:05 | 7:23 | 21:29 | 7:24 | | | 112 | | 2:13 | |
| down by over a minute in just over a week! You are doing a great job getting back into formkeep it up! Keep working with your teammates and challenging yourself to stay with the next one ahead! | 1 | 6:53 | 14:14 | 7:21 | 21:36 | 7:22 | 2 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! Best race of the seasonyou looked much stronger today, and your times show very consistent effort; bring mile 1 | Jaros, Hannah | 7:08 | 15:12 | 8:04 | 22:11:00 | 6:59:00 | 51 | | | | | |
| down and stay with Maddie- you should be right on her hip You showed your maturity and leadership getting out after mile 1 and setting the tone, but you showed signs of fatigue throughout-1 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 | f | 7:05 | 14:39 | 7:34 | 22:12 | 7:33 | 52 | | | | | |
| and 3 back where you want them | Dillman, Alexandra | 6:48 | 14:39 | 7:51 | 22:16 | 7:37 | 55 | 5 | | 35 | | |

| Manthan DD way are learning | 1 | | | | | ı | | | | |
|---|--------------------------|------------------|-----------------------------------|------|----------------------|---------|-----------------|----------|------|------|
| Another PRyou are learning how to race! You can | | | | | | | | | | |
| definitely get out faster mile 1- you ran negative splits each | - | | | | | | | | | |
| mile! Don't be afraid to go with the pack and be more | | | | | | | | | | |
| aggressive at the startkeep it up! | Scheerenberger, Kitty | 7:38 | 15:11 | 7:33 | 22:39 | 7:28 | 66 | 3 | | |
| Another PR! You got out well mile 1; focus on mile 2 and | gone or one or gon, rang | 7.00 | | 7.00 | | | | | | |
| work with your teammates to | | | | | | | | | | |
| move up in the race. Your improvement has been | | | | | | | | | | |
| impressive to say the least, so keep it up! | Buado, Melody | 7:10 | 15:05 | 7:55 | 22:53 | 7:48 | 71 | 1 | | |
| Wasn't a bad race for you, but | | 7.10 | 10.00 | 7.00 | 22.00 | 7.40 | | 1 | | |
| I still know you are faster! Mile 1 was great; lost a bit of | | | | | | | | | | |
| confidence mile 2remember you create the outcome. If | | | | | | | | | | |
| you stay focused and keep yourself in the race, your | | | | | | | | | | |
| times will show it in the end. | | | | | | | | | | |
| Keep working hardyou are getting better each race! | Bentel, Ally | 7:08 | 15:06 | 7:58 | 22:59 | 7:53 | 76 | 3 | 38 | |
| Right around your best time miles are becoming more | | | | | | | | | | |
| consistent, which is good! Your biggest issue is losing | | | | | | | | | | |
| focus throughout the race; | | | | | | | | | | |
| you have to constantly tell yourself to keep going and | | | | | | | | | | |
| passing people, otherwise you'll get passed up like | | | | | | | | | | |
| you're standing still So proud of you going for it | McGavin, Mary | 7:50 | 16:02 | 8:12 | 24:14:00 | 8:12:00 | 146 | 3 | | |
| stepping up and putting | | | | | | | | | | |
| yourself in the race! Your pace was on for a PR (sub | | | | | | | | | | |
| 7)you looked very strong and should feel great next | | | | | | | | | | |
| week just adding that 3rd mile back in! | Chavez, Vianey | 7:03 | 14:54 | 7:51 | 14:54 | | | 19 | | |
| Looking stronger and better! | z.ia.oz, vianoy | 7.00 | 17.07 | 7.01 | 14.04 | | | 1 | | |
| Keep your focus on having the best race you can on any | | | | | | | | | | |
| given dayyou can still have a great rest of the season, | | | | | | | | | | |
| and that was evident today great job! | Eberly, Jess | 7:12 | 15:08 | 7:56 | 15:08 | | | 31 | 19 O | |
| You are looking better | | | .0.00 | 7.00 | 10.00 | | | <u> </u> | | |
| despite having so many weeks off of racing, your time is still a 2 mile PR. Keep up | | | | | | | | | | |
| with PT, and you'll be ready | | | | | | | | | | |
| for another PR next week! Glad to have you racing! | McCullough, Emma | 7:12 | 15:19 | 8:07 | 15:19 | | | 41 | | |
| Keep a positive attitude and run with your teammates | | | | | | | | | | |
| don't think a ton, but just stick | | | | | | | | | | |
| right on their hips. Stay with Jess/Emma next week! | Bergschneider, Sara | 7:57 | 16:36 | 8:39 | 16:36 | | | 115 | | |
| Big PR! Good to see you getting out with the race1st | | | | | | | | | | |
| mile was great under 8:00; keep 2nd and 3rd miles as | | | | | | | | | | |
| close to 8:30 as possible. | | | | | | | | | | |
| Keep working hard this week to PR next Saturday! | Labath, Lexy | 7:52 | 16:51 | 8:59 | 16:51 | | | 133 | | |
| 1st mile was greattry to keep both 2 and 3 under 9:00 | | | | | | | | | | |
| next week. Times are coming downkeep your focus each | 1 | | | | | | | | | |
| week! Try to maintain contact | t | | | | | | | | | |
| with your teammates so you aren't racing all alone. | Jones, Rachel | 7:58 | 17:07 | 9:09 | 17:07 | | | 151 | | |
| You have improved so much each race! You ran roughly 6 | | | | | | | | | | |
| minutes faster for 2 miles than you did from the last 2 | | | | | | | | | | |
| mile race. Keep working hard in practice, and those times | | | | | | | | | | |
| are going to keep dropping! Stay in contact with your | | | | | | | | | | |
| Stay in contact with your teammates next week! | Cruz, Paula | 8:08 | 17:40 | 9:32 | 17:40 | | | 185 | | |
| | Nepereny, Alyssa | pink eye | | | | | | | | |
| | | ACT | | | | | | | | |
| | Terek, Nadia | knee | | | | | | | | |
| | Bonczkowski, Amanda | family | | | | | | | | |
| | · | confirmati | | | | | | | | |
| | Sim, Katherine | on confirmati | | | | | | - | | |
| | Sim, Kathleen | on | | | | | | | | |
| | Bruns, Haley | mono | | | | | | | | |
| | Janowski, Hannah | legs | | | | | | | | |
| | Balla, Sarah | sling | | | | | | | | |
| | Roschi, Rachel | hammy | | | | | | | | |
| | Gyori, Isabella | leg | | | | | | 1 | | |
| | - , o, .oubona | -5 | | | | | | | | |
| | | | Varsity | | F/S | | Open | | | |
| | | | Oswego | | Maine | | Maine | t | | |
| | | | | | | | | | | |
| | | 1 | East | | | 30 | South | 47 | | |
| | | 1 | | | South New Trier | | Loyola | 51 | | |
| | | 2 | East Montini Evanston | | New Trier | | | + | | |
| | | 3 | East Montini Evanston Northside | 141 | New Trier Fenwick | 68 | Loyola Saint | 51 | | |

| | T 14 | 470 | D | 107 | Willowbro | 470 | | |
|----|-------------------------|-----|---------------------|----------|--------------------|-----|---|--|
| ; | Trinity | 172 | Prospect Saint | 167 | ok Mother | 173 | | |
| | Niles West | 188 | Ignatius | 219 | McAuley | 191 | | |
| | Oswego | 190 | Öswego East | 227 | Niles West | 195 | | |
| | | | Glenbrook | | Oswego | | | |
| | Lake Park Mother | 199 | South Glenbrook | 255 | East Glenbrook | 223 | | |
| 9 | McAuley | 233 | North | 259 | | 238 | | |
| 10 | Prospect | | Northside Prep | 282 | Trinity | 268 | | |
| | | | - 1 | | Lincoln | | | |
| 1 | New Trier | 279 | Leyden | 312 | Park Niles | 323 | | |
| 12 | Loyola | 304 | Argo | 341 | North | 352 | | |
| 1: | BWoodstock | 324 | Evanston | 350 | Glenbrook North | 379 | | |
| | | | | | Von | | | |
| 14 | Leyden | 342 | Taft Niles | 355 | Steuben | 423 | | |
| 1: | St. Ignatius | 349 | West | 355 | | | | |
| 10 | Deerfield | 394 | Round Lake | 421 | | | | |
| | Hinsdale | | Niles | | | | | |
| | South | | | 471 | | | | |
| 18 | Saint Viator | 452 | Lake Park Mother | 500 | | | | |
| 19 | Mather | | | 514 | | | | |
| 20 | Willowbrook | 589 | Trinity | 596 | | | | |
| 2. | Eric Solorio Academy | 630 | | | | | | |
| | Argo | 664 | | | | | | |
| | Renwick | 692 | | | | | | |
| | Von Steuben | + | | | | | | |
| | Resurrection | | | | | | | |
| | Woodstock | | | | | | | |
| | North | 767 | | | | | | |
| 2 | Niles North Marian | 777 | | | - | | _ | |
| 28 | Catholic | 863 | | | | | | |
| 29 | Lindblom | 863 | | | | | | |
| 30 | Lake Forest | 872 | | | | | | |
| 3. | Oak Forest | 891 | | | | | | |
| 33 | Regina | 919 | | | | | | |
| | Steinmetz | 959 | | | | | | |
| | Glenbrook | 984 | | | | | | |
| 34 | North | p04 | | <u> </u> | | | | |