			9/22/15 at	Crossroads	vs. Minoc	ka, PSHS						
Feedback	Athlete	Mile 1	2 Miles		Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year	
Great racestepped up big time	Standish, Kendra	6:08							7			
Out well, needs to stay		0.00	12.00	0.40	10.40	0.02			, , , , , , , , , , , , , , , , , , ,			
relaxed but go with the race	Henz, Alexis	6:05	13:05	7:00	19:12	6:07			11			
great racemoved up on team a lot	Sim, Katherine	6:26	13:35	7:09	19:37	6:02			17			
decent racefocus on posture when tired	Buado, Ashley	6:18	13:43		20:10	6:27			24			
strong throughout race,		0.10	13.43	1.20	20.10	0.27			24			
mile 3 looked strong but wasn't fast on paper	t Boissiere, Madison	6:27	13:58	7:31	20:34	6:36			25			
getting strongergood through 2; getting back												
into form awesome race today	Flammersfeld, Abby	6:14	13:56	7:42	20:39	6:43			26			
almost got the win!	Heidkamp, Halie	6:43	14:16	7:33	20:43	6:27		2	2			
1st mile on, looked tired after mile 1	Weizeorick, Shannon	6:36	14:21	7:45	20:54	6:33			29			
strong race todaybest one of the season	Dillman, Alexandra	6:45	14:22	7:37	20:56	6:34			30			
1st mile on, mile 2 too		0.10		1.01		0.01						
slow; needs to keep gaining on competition	Gall, Elyssa	6:37	14:21	7:44	20:59	6:38			31			
great race todayjust close a bit better in mile	,											
3; keep contact longer with teammates	Balla, Sarah	6:44	14:33	7:49	21:24	6:51		5				
got disconnected way		0.44	14.55	7.43	21.24	0.51			,			
too earlyneed to be on katherine's hip	Sim, Kathleen	6:45	14:40	7:55	21:45	7:05			34			
1st mile on, 2nd mile just a bit too slow;												
capable of sticking with		7.00	45.00	0.02	22.00	7.04		_	,			
group just ahead great race today	DeBoer, Gabby	7:00	15:02	8:02	22:06	7:04		7				
looked great running in the group!	Patterson, Maddie	7:20	15:41	8:21	22:47	7:06		11				
Great race today looked great in the				0.2.								
group!	Chavez, Vianey	7:20	15:41	8:21	22:53:00	7:12:00		12	2			
Huge PR today! ran awesome with the												
group! need to do buildups	Buado, Melody	7:20	15:41	8:21	22:57:00	7:16:00		13	3			
throughout racestill looking too easynot												
too far off a PR	Scheerenberger, Kitty	7:37	15:54	8:17	23:09	7:15		14	ŀ			
1st mile too slowneed to tap into pace and												
stick with it-not be afraid to run too fast	Jaros, Hannah	7:37	15:54	8:17	23:11	7:17		15				
toughed it out! feel		1.01	10.04	0.17	20.11	7.17			,			
good about finishing 1st 3 mile race	schumacher, Tara	7:24	15:58	8:34	23:18	7:20		16	6			
just a bit off mile pace, but a PR nonetheless;												
still focus on icing shins!	Bentel, Ally	7:24	15:54	8:30	23:22	7:28		17	,			
huge PR todayneed to		1.24	15.54	0.50	25.22	1.20		17				
make sure you don't save too muchstay												
focused on racing! PR todayran wellcan	McGavin, Mary	7:25	16:08	8:43	23:40:00	7:32:00		18	3			
move up another few groups in future	Terek, Nadia	8:07	17:06	8·E0	24:46:00	7:40:00		23	2			
running too easy for a		0.07	17.00	0.59	24.40.00	7.40.00		23	, 			
racehave to be more aggressive	Labath, Lexy	8:35	19:04	10:29	28:32:00	9:28:00		30				
Huge PR today! so much improvement!												
splits were spot on!	Cruz, Paula	8:49	19:47	10:58	28:50:00	9:03:00		31				
	Cain, Abby											
	Sims, Annie											
	Bonczkowski, Amanda Nepereny, Alyssa											
1st mile on, 2nd mile	Interesting, Alyssa											
too slow; ice those shins!	Jones, Rachel	8:42	20:30	11:48								
	Eberly, Jess											
1st mile on, make sure to talk to trainers if need												
to see a doctor	Roschi, Rachel	7:24	16:02	8:38								ļ
	Bergschneider, Sara											
	Bruns, Haley											
	Janowski, Hannah										-	
	McCullough, Emma Gyori, Isabella											
								1		L		