

		9/25/15 at Naperville Invite										
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	F/So Place	Open Place	Varsity Place	Mile to Go	Last Year	
1st mile too slow, need to get out of comfort zone and push through 2nd mile; closed well mile 3	Cain, Abby	6:15	12:47	6:32	19:05	6:18			27		34 V	
Even splits miles 2 and 3; need to get out and challenge with group in front; lost ground throughout race--was passed rather than picking girls off	Henz, Alexis	6:12	12:41	6:29	19:10	6:29			30		56 V	
Ran strong with A and A, but need to get out faster mile 1 and maintain mile 2; really work the 2nd mile when people let down a bit	Standish, Kendra	6:15	12:44	6:29	19:16	6:32			36			
Pretty close to goal splits; 40 second PR from last year; try next race to get out a little faster mile 1	Flammersfeld, Abby	6:17	12:58	6:41	19:35	6:37			54		70 V	
Obvious discomfort; pushed through; still 13 sec faster than last year and not running/racing to full potential; keep working exercises!	Bonczkowski, Amanda	6:24	13:16	6:52	20:10	6:54			73		73 V	
1st mile too slow; need to keep mile 2 as close to 6:30 as possible; 1:30 faster than last year	Buado, Ashley	6:29	13:32	7:03	20:23	6:51			81		92 V	
1st mile too slow; moved well mile 2; looked stronger and more focused this race--you are getting there!	Boissiere, Madison	6:32	13:16	6:44	20:23	7:07			missing		81 V	
Strong race--glad to see miles 2 and 3 strong; all 3 of you could have been even closer to front with more confidence; next week out a little faster mile 1 and still strong 2 and 3 (put it together)	Weizeorick, Shannon	6:50	13:46	6:56	20:23	6:37	12					
Strong race--glad to see miles 2 and 3 strong; all 3 of you could have been even closer to front with more confidence; good to see you guys work together	Sim, Katherine	6:50	13:46	6:56	20:25	6:39	13					
Times are coming down each week--don't put a cap on it! Next week get out faster mile 1 and stick mile 3--don't get passed up by anyone!	Gall, Elyssa	6:53	13:41	6:48	20:44	7:03	16					
Another strong race--don't limit yourself because this is your first year--keep confident and keep catching girls! You are doing great!	Heidkamp, Halie	6:41	13:53	7:12	21:01	7:08		34				
30 second PR from last meet! Looked very strong the whole race--next week sub 7 mile 2	Sims, Annie	6:42	14:04	7:22	21:27:00	7:23:00		49				
Have to get out and run right next to Katherine--can't hold back mile 1; get confidence back to run with front freshmen group	Sim, Kathleen	7:02	14:31	7:29	21:42	7:11	34					
1st mile too slow; ran consistent and looked strong but need to push the pace 1st 2 miles	Dillman, Alexandra	7:05	14:33	7:28	21:55	7:22	39				79 FS	
Big PR from last week! 2nd 3 mile race--had great surges mile 3; was ahead of splits--you are better than you think!	Schumacher, Tara	7:01	14:43	7:42	22:03	7:20		65				
Times keep coming down--looking great! Getting into form from last season--ran 1:20 faster than last year--keep going!	Patterson, Maddie	7:02	14:41	7:39	22:19:00	7:38:00	54				116 FS	
Off of goal times from beginning but consistent miles 2 and 3; not bad for having not raced in weeks; build from here--get out faster mile 1 and stay in contact with teammates	Nepereny, Alyssa	7:03	14:50	7:47	22:36	7:46	69					
Getting closer to running hard all 3 miles--times keep coming down! Keep building confidence and understanding that 3 miles is not THAT long!	Scheerenberger, Kitty	7:02	15:10	8:08	22:41	7:31	75					
Mile 1 was slower than expected, but you maintained very well--miles 2 and 3 were solid; get out a little faster next race and keep that consistency up!	Bentel, Ally	7:30	15:10	7:40	22:51:00	7:41:00	84				101 FS	
Looked very strong running with your teammates; keep working together and setting those PRs (fastest on a 3 mile course)	Buado, Melody	7:02	15:14	8:12	23:02:00	7:48:00	87					
Better pacing 1st 2 miles; stay focused mile 3; keep moving up in the race--you lost too much ground; getting better at finding that "race pace" but I know you are still faster!	Jaros, Hannah	7:24	15:10	7:46	23:04:00	7:54:00	88					
1st race in a long time--looked good and made several great moves the last mile; keep your focus mile 2--expect a big drop in time in the next few weeks!	McCullough, Emma	7:22	15:32	8:10	23:34	8:02		98				

