			9/25	/15 at Nape	erville Invi	ite						
Feedback	Athlete	Mile 1					Fr/So Place		Varsity Place	Mile to Go	Last Year	
1st mile too slow, need to get out of comfort zone and push			2 Miles		1 111311		1 1000		1 1000	00	rear	
through 2nd mile; closed well	Cain, Abby	6:15	12:47	6:32	19:05	6:18	,		27		34 V	
mile 3 Even splits miles 2 and 3;	· · · · · · · · · · · · · · · · · · ·	0.15	12.47	0.32	19.05	0.10			21		34 V	
need to get out and challenge with group in front; lost												
ground throughout racewas passed rather than picking												
girls off Ran strong with A and A, but	Henz, Alexis	6:12	12:41	6:29	19:10	6:29			30		56 V	
need to get out faster mile 1 and maintain mile 2; really												
work the 2nd mile when	Standich Kondra	6:15	12:44	6:29	19:16	6:32			36			
people let down a bit Pretty close to goal splits; 40	Standish, Kendra	0.15	12.44	0.29	19.10	0.32						
second PR from last year; try next race to get out a little												
faster mile 1 Obvious discomfort; pushed	Flammersfeld, Abby	6:17	12:58	6:41	19:35	6:37			54		70 V	
through; still 13 sec faster												
running/racing to full potential	Bonczkowski Amanda	6:24	13:16	6:52	20:10	6:54			73		73 V	
	Donezkowski, Amanda	0.24	10.10	0.52	20.10	0.04			10		15 V	
keep mile 2 as close to 6:30 as possible; 1:30 faster than	Duada Ashlau	0.00	10.00	7.00	00.00	0.54			0.1		00 V	
last year 1st mile too slow; moved well	Buado, Ashley	6:29	13:32	7:03	20:23	6:51			81		92 V	
mile 2; looked stronger and more focused this racevou												
are getting there! Strong raceglad to see miles	Boissiere, Madison	6:32	13:16	6:44	20:23	7:07	1		missing		81 V	
2 and 3 strong; all 3 of you could have been even closer	1											
to front with more confidence;												
next week out a litlte faster mile 1 and still strong 2 and 3					.							
(put it together) Strong raceglad to see miles	Weizeorick, Shannon	6:50	13:46	6:56	20:23	6:37	12					
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 weekdon't put a cap on it!												
Next week get out faster mile 1 and stick mile 3don't get												
passed up by anyone! Another strong racedon't	Gall, Elyssa	6:53	13:41	6:48	20:44	7:03	16					
limit yourself because this is your first yearkeep confident												
and keep catching girls! You	Heidkamp, Halie	6:41	13:53	7:12	21:01	7:08	,	34				
are doing great! 30 second PR from last meet!	• •	0.41	13.33	1.12	21.01	7.00		54	-			
Looked very strong the whole racenext 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 Katherinecan't hold												
back mile 1; get confidence back to run with front												
freshmen group 1st mile too slow; ran	Sim, Kathleen	7:02	14:31	7:29	21:42	7:11	34					
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 racehad 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	5			
Times keep coming down looking great! Getting into												
form from last seasonran 1:20 faster than last year												
keep going! Off of goal times from	Patterson, Maddie	7:02	14:41	7:39	22:19:00	7:38:00	54				116 FS	
beginning but consistent miles 2 and 3; not bad for												
having not raced in weeks:												
build from hereget out faster mile 1 and stay in contact with		7.00	14.50	7.47	22.20	7.40						
teammates Getting closer to running hard	Nepereny, Alyssa	7:03	14:50	7:47	22:36	7:46	69					
all 3 milestimes keep coming down! Keep building												
confidence and understanding that 3 miles is												
not THAT long! Mile 1 was slower than	Scheerenberger, Kitty	7:02	15:10	8:08	22:41	7:31	75					
expected, but you maintained												
very wellmiles 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) Better pacing 1st 2 miles; stay	Buado, Melody	7:02	15:14	8:12	23:02:00	7:48:00	87	1				
focused mile 3; keep moving												
up in the raceyou lost too much ground; getting better a	t											
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				
INC NEALIEW WEEKS!	mooulough, Emma	1.22	1 10.02	0.10	20.04	0.02	1	. 30	1	I	L	

1st mile on, 2nd mile too											
slow, 3rd mile solid; next week jump up to the group											
running ahead of youstay											
with the pack from the	Chavez Mienav	7.24	15.51	0.17	22.27.00	7.46.00		101			
beginning 1st race in a long timebe	Chavez, Vianey	7:34	15:51	8.17	23:37:00	7:46:00		101			
proud you got through it, and											
improve from here	Eberly, Jess	7:21	15:32	8:11	23:42	8:10		102		74 0	
Fighting lots of battles right nowfocus this week on											
getting healthy and feeling											
goodthe good times will	DeBeer Cabby	7.02	15.00	0.10	24.00.00	0.20.00	100				
follow! Not quite a PR, but a solid	DeBoer, Gabby	7:03	15:22	8:19	24:00:00	8:38:00	123				
race; should get out faster											
mile 1; stay focused mile 2											
make it a game and pass others 1 at a time	McGavin, Mary	7:55	16:19	8.24	24:13:00	7:54:00	129				
Huge PR! Best race so far	inocarin, mary	1.00	10.10	0.21		1.01.00	120				
so proud of the focus this											
raceget mile 2 under 9 min next race!	Jones, Rachel	8:23	17:36	9:13	26:22:00	8:46:00		163			
1st mile strong; close to goal		0.20	17.00	0.10	20.22.00	0.40.00		100	, 		
1st mile strong; close to goal time at mile 2; next race get miles 2 and 3 under 9 min	Labeth Laws	0.00	17.00	0.00	20.20.00	0.10.00		174			
miles 2 and 3 under 9 min Another PR! Right on target	Labath, Lexy	8:20	17:20	9:00	26:30:00	9:10:00		171			
pacework on mile 2 next											
race to keep the times coming down9:30 or faster for mile 2		0.40	10.02	10.00	20.20.00	0.05.00	201				
down9:30 or faster for mile 2	Cruz, Paula	8:40	19:03	10:23	28:28:00	9:25:00	201				
	Terek, Nadia										
	Bergschneider, Sara										
	Bruns, Haley										
	Janowski, Hannah									<u> </u>	_
	Balla, Sarah										
	Roschi, Rachel									63 O	
	Gyori, Isabella										
				Varsity		FS		Open			
				Naperville		Naperville		Naperville			
			55	North	1	North	20	North	33		
						Downers		Naperville			
			93	Lockport	2		75	Central	67		
				Downers		Naperville		Wheaton			
			<u> </u>	Grove S	3	Central	100	North	91		
								Downers			
				Plainfield		Oswego	105	Grove	101		
			108	North		East	105	South	131		
			117	Naperville Central	5	Wheaton North	120	Lockport	145		
			117	Central	5	Mother	120	Lockport Mother	140		
			130	Benet	6	McAuley	189	McAuley	167		
			100	Wheaton	5				,		
			177	North	7	Lockport	218	Sandburg	171		
				Oswego		Plainfield			<u> </u>		
			214	East	8	North	242	Benet	186		
				Lincolnway				Bolingbro			
			222	Central	9	Benet	249	ok -	241		
					10			Oswego			
			257	Sandburg	10	Sandburg	270	East	272		
			204	Bolingbrook	11	Bolingbrö ok	315	Glenbard South	282		
			291	Bolingbrook Glenbard	11	ok Glenbard	515	Plainfield	202		
			303	South	12	South	328	North	320		
			505	Mother	12	00001	020		20		
			342	McAuley	13						
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