		10/1/16 at Niles West Pat Savage Invite											
Feedback	**Athlete**	**Mile 1**	**2 Miles**	**Mile 2**	**Finish**	**Mile 3**	**Fr/So Place**	**Open Place**	**Varsity Place**	**Mile to Go**	**Last Year PL**	**Last Year Time**	**Team Split**
Way to go after it! All time PR! Keep in contact with 800 meters to go, and you could have won the race!	Flammersfeld, Abby	6:00	12:22	6:22	**18:47**	6:25			6		20 V	19:33	0:00
You looked tight but strong--a strong race, but you didn't look smooth and comfortable as you could; gotta get out of that comfort zone and break through 19:00 for good!	Henz, Alexis	6:02	12:38	6:36	**19:06**	6:28			11		18 V	19:26	0:19
Race was strong, but you have to work on that finish. The look in your eyes has changed--you gotta get that confidence back! Trainng through 3 miles (past it) is going to be your key.	Standish, Kendra	6:02	12:35	6:33	**19:12**	6:37			13		24 V	19:37	0:25
Season PR! Get out a litlte faster mile 1 in your next race--and work on mile 2. You should be able to go out at 6:00 and have mile 2 at 6:30 or faster.	Bonczkowski, Amanda	6:23	13:19	6:56	**19:53**	6:34			40				1:06
You ran well, but just sat with Isabella--you are way better than running 20 minutes--break through and don't look back!	Gall, Elyssa	6:23	13:19	6:56	**20:04**	6:45			53		91 V	21:13	1:17
Same as Elyssa--you guys ran strong but it was too comfortable. Get out faster mile 1 and keep that pace! You are tough enough!	Gyori, Isabella	6:23	13:14	6:51	**20:05**	6:51			54				1:18
Great job! Keep cloisng that gap on our top group--try to get out a little faster mile 1 so you can run with them rather than 30 seconds behind.	Ede, Morgan	6:55	13:52	6:57	**20:39**	6:47			87				1:52
Great race today! PRs last week and this week! Keep it up!	Scheerenberger, Kitty	6:55	13:39	6:44	**20:41**	7:02			89		66 FS	22:39	1:54
You played it safe and got out way more comfortably than you are capable. Keep working hard this week! If your back is bothering you, we need to stay on top of it. If it's fine, get out of that comfort zone!	Sim, Katherine	6:43	13:50	7:07	**21:03**	7:13			121				2:16
Strong race but challenge yourself and run with your teammates! Take the opportunity to move up!	Nepereny, Alyssa	6:55	14:05	7:10	**21:10**	7:05			130				2:23
Great job! Times keep dropping--keep up the great work! You ran really even splits, and I know you can get out faster mile 1 next time and still be even.	Sim, Kathleen	7:00	14:19	7:19	**21:31**	7:12	20						2:23
Best race so far of the season! Way to run with Kathleen and make a big step forward! Next week--get out a little faster mile 1 and then hold that pace	DeBoer, Gabby	7:00	14:19	7:19	**21:32**	7:13	21				52 FS	22:12	2:45
Practices are paying off--best race of your season so far! Keep it up!	Lee, Rosie	7:13	14:42	7:29	**21:59:00**	7:17:00	37						3:12:00
Huge PR today! Awesome job! Keep up the great work (and happy birthday!)	Wolf, Becca	7:13	14:42	7:29	**22:05**	7:23	40						3:18
Huge PR today! You had some terrific workouts this week (mile repeats), so this is not surprising at all. Keep it up kiddo!	Murphy, Meghan	7:13	14:44	7:31	**22:21**	7:37	54						3:34
You have made a huge jump up in the past few weeks! This week, focus on being a little more consistent. Don't go out quite so fast at the beginning, and you should be able to hold your pace longer. Nice job!	Stonehocker, Anna	7:00	14:48	7:48	**22:24**	7:36	58						3:37
Not a bad race, but you were pretty far from the pack from the start. Stay in closer contact so you aren't wondering where everyone is. You are capable of getting out faster and maintaining.	Janowski, Hannah	7:26	15:05	7:39	**22:25:00**	7:20:00			211				3:38:00
Nice race today--you ran much closer to your teammates, which was great! Mile 2 slowed down quite a bit, but you responded well mile 3. Nice job!	McCullough, Emma	7:27	15:33	8:06	**23:07:00**	7:34:00			262		41 O	15:19 (2)	4:20:00
Times keep dropping! You and Liliana ran great together! Keep it up in practice--we've been noticiing how strong you've been running! Great job!	McKillip, Emma	7:19	15:20	8:01	**23:07**	7:47	82						4:20
Great job today! You ran awesome with Emma! Keep up the great work day in and day out to keep seeing those PRs!	Mendoza, Liliana	7:29	15:26	7:57	**23:11**	7:45	85						4:24
Today was better than it could have been with everything you handled this week. Way to keep your focus and run strong. You and Hannah really worked together well and helped each other out! Great job!	Weizeorick, Shannon	7:40	15:41	8:01	**23:20**	7:39	92				38 V	20:06	4:33
You didn't get out well in the first mile, but once you found Shannon, we were very impressed with how you guys worked together. Next week stay with your teammates and work together the entire race. Give practice 100% everyday as well. There is more in you!	Jaros, Hannah	7:47	15:41	7:54	**23:29**	7:48	99				51 FS	22:11	4:42
Today was not your best race. Keep your focus. You had teammates to run with but did not stay with them. It's not easy--you have to work for it. Break the race down in your mind and get to each checkpoint with your team.	Dillman, Alexandra	7:26	15:37	8:11	**23:44:00**	8:07:00			298		55 FS	22:16	4:57:00
	Bogard, Kalli?	shins											
	Humphrey, Carolyn	quit											
	Lee, Natalie	leg/back											

	Olschanski, Kayla	knee											
	Patterson, Maddie	heart									30 FS	21:36	
	Peplowski, Kate	quit											
	Sims, Annie	shin									94 V	21:19	
	Vacassy, Lou	quit											
	Viano, Gaby?	back											
	Webb, Kara	horse show											
			F/S Team			**Varsity Team**							
			Prospect	24	82	Evanston							
			Maine South	141	**117**	**Oswego East**							
			New Trier	177	127	Chicago Northside							
			Fenwick	190	183	Walter Payton							
			Oswego East	**202**	212	Woodstock							
			Glenbrook North	233	213	Prospect							
			Glenbrook South	252	237	Trinity							
			Oswego	259	247	Mother McAuley							
			Taft	290	267	New Trier							
			Round Lake	292	320	Taft							
			Evanston	302	344	Lake Park							
			Loyola	314	369	Oswego							
			BBCHS	376	374	Loyola							
			Downers South	377	391	Downers South							
			Deefield	545	479	Mather							
			Mother McAuley	561	480	St. Ignatius							
			Lake Park	644	481	Montini							
			Niles West	723	524	Deerfield							
			Leyden	756	529	Hinsdale South							
			Machesney Harlem	815	534	Leyden							
			Niles North	822	538	Willowbroo							
			Lindblom	938	577	Marian Catholic							
					608	BBCHS							
					649	Saint Viator							
					657	Fenwick							
					670	Niles West							
					716	Machesne y Harlem							
					784	Niles North							