

10/8/16 at West Aurora Blackhawk Stampede

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
Nice PR! It appeared your toughest part was between 1.5 and 2 miles...make sure you pick someone to just stick with next race. Great job today! I really like the way you are attacking races these days!	Flammersfeld, Abby	5:55	12:24	6:29	18:43	6:19			17		41	18:55	0:00
Good run, but not a great run. Good final tune-up before conference, etc. Mile 1 was good--I'd like to see you under 6 minutes and then holding on better. You looked a little tight throughout. You were running strong, but still tight. Knee drive!	Henz, Alexis	6:02	12:34	6:32	18:58	6:24			28		48	19:00	0:15
This was a bounce-back race for you. You looked very strong, and I know you are still capable of running more even splits to be well under 19:00. Definitely a step in the right direction!	Standish, Kendra	6:02	12:34	6:32	19:03	6:29			32		51	19:07	0:20
Awesome race today! You really made a jump and closed the gap! We will need you to keep moving up in the races to come, but this was amazing to see your hard work pay off! Make sure you do all the little things this week so you can make another jump at Conference!	Bonczkowski, Amanda	6:15	12:42	6:27	19:06	6:24			35		62	19:15	0:23
You ran awesome today! You looked extremely strong that last 1600 meters, especially the final stretch. We will need you to stay closer to Amanda and close the team split down...you were 30 seconds behind her and can make that next jump next week!	Ede, Morgan	6:32	13:10	6:38	19:41	6:31			64				0:58
Good, strong race today! When you get into miles 2 and 3, think about your long runs, your elevated runs, and all the time you guys come flying into school on tired legs--you have the strength to run 6 minute pace for 3 miles. Do it!	Gyori, Isabella	6:25	13:07	6:42	19:45	6:38			68				1:02
Don't let the nerves get you...You ran well today, but you're still lacking that last little bit of confidence it takes to run fast and hold it the entire 3 miles. You train for this, so don't let yourself think you are tired. You can run 6 minute pace for 3 miles as well!	Gall, Elyssa	6:25	13:08	6:43	19:48	6:41			74		107	20:01	1:02
This race was more in line with what you are capable of! I know you can still go out a little faster and stay consistent, but you were back to the times you were on pace for early in the season. Keep running strong and consistently! With a first mile at 6:30, you should be able to run faster miles 2 and 3. I think you can run mile 1 at 6:15-6:20 and still finish with 6:30s for miles 2 and 3.	Sim, Katherine	6:29	13:10	6:41	19:50	6:40			75		82	19:32	1:07
Great race today! You have PR'd the last 3 races, and this one was a huge PR! Great to see you under 20 minutes...shoot for 19:30 next!!!	Scheerenberger, Kitty	6:32	13:19	6:47	19:53	6:34			79		55 FS	21:48	1:10
Nice job today! PR for you as well, and you are still making up some ground and doing great! Keep focused on getting in as much training as you can while feeling good/taking care of your body. Nice job today! Under 20 minutes!	Webb, Kara	6:32	13:14	6:42	19:54	6:40			81				1:11
I told you that you'd run closer to 20 minutes! That last little confidence boost is all you need to get below 20. That needs to be your focus mile 2. 1 and 3 were great...if mile 2 were 11 seconds faster, you'd have broken 20 minutes today. Stay focused next week and make it happen!	Nepereny, Alyssa	6:25	13:25	7:00	20:10	6:45		10			25 FS	21:06	
Nice job leading the F/S group today! Mile 2 was a bit of a drop off, but you responded well mile 3 to finish strong. You are getting close to times you ran last year...which is amazing! Aim for a PR at Conference next week...leave it all out there!	Sim, Kathleen	6:58	14:18	7:20	21:20	7:02	32				31 FS	21:11	
Your last 2 races have been great! Very consistent from last week to this week, and still taking time off! Focus mile 2 a bit more on picking girls off--everyone slows down--so you should be moving past them rather than staying in the same spot. You ran so well with Kathleen! Great job!	DeBoer, Gabby	6:58	14:18	7:20	21:29	7:11	38						
You have literally taken 2 minutes off your time from our first meet to now. Holy cow! That's over 30 seconds a mile! You are proof that hard work pays off, and that diligence with the training room will make it possible to recover and keep improving. I'm so excited to see how much more you can PR by next week!	Wolf, Becca	7:12	14:45	7:33	21:58	7:13	53						
Season PR for you today! Your 1st mile was great, and you dropped off a ton in mile 2. If you could have run a 7:25 rather than a 7:55, you would have run 21:30 and been back to where you were last season. Keep that focus mile 2! You can do it!	Dillman, Alexandra	6:52	14:47	7:55	22:01	7:14		43			26 FS	21:06	
Wow! Look how far you have come in one season! You have PR'd by 3 minutes since our first meet! Keep working hard at practices--those great workouts are what is creating these awesome times and finishes for you. You have made a big jump to run with your teammates, and it is paying off! Keep it up! Great job!	Murphy, Meghan	7:12	14:45	7:33	22:08	7:23	55						
Today was very consistent, which is the way to race! You can shoot for closer to 7:00 for mile 1 and 7:20 for mile 2 and 7:15 or 7:10 for mile 3. You looked much stronger today throughout the entire race. Way to stick with your teammates the whole race!	Stonehocker, Anna	7:12	14:45	7:33	22:08	7:23	56						
Every race is such an improvement for you! Keep it up, keep your focus, and keep those times coming down! Mile 2 was the struggle today, but you responded well mile 3 and you beat your best Crossroads time of the season, which is awesome! Great job, kiddo!	Weizeorick, Shannon	7:17	15:03	7:46	22:31:00	7:28:00	66				80 V	19:30	

Since week one, you have improved by 4 minutes! The last few meets in particular, your times have come down in big chunks. Keep it up! I'm excited for another big jump at Conference next weekend!	Mendoza, Liliana	7:17	15:03	7:46	22:34	7:31	68						
I know you were fighting through some pain today, but you did great! Your time is coming down by about 30 seconds every race which is incredible. I'm so proud of the progress you've made since you returned from injury. We'll keep an eye on those shins--one more race to get excited for and then some recovery time!	McKillip, Emma	7:17	15:08	7:51	22:39	7:31	76						
Times are coming down, which is great! I know you still have more under the surface... when comparing with last year and this year. I know you have more in you! Keep working hard day in and day out and the times will continue to drop--by a ton!	Jaros, Hannah	7:58	15:27	7:29	23:05	7:38	88			62 FS		21:54	
You haven't raced since August 25, and yet you PR'd by over a minute and a half! Nice job! Way to just get in there and run! Next week--RACE! It's one thing to run, and another to race. Switch your focus for you last race to beating people and see where that goes! Nice job today!	Viano, Gabby?	7:31	15:31	8:00	23:16	7:45	94						
	Lee, Rosie	sick											
	Bogard, Kalli?	shins											
	Vacassy, Lou	quit											
	Peplowski, Kate	quit											
	Humphrey, Carolyn	quit											
	Olschanski, Kayla	knee											
	Janowski, Hannah	vacation											
	McCullough, Emma	sick								85 O		23:25	
	Sims, Annie?	shins								35 O		21:21	
	Lee, Natalie	ankle/back											
	Patterson, Maddie	heart											

		Varsity	F/S	Open
1	Yorkville	30	West Aurora	64
2	Neuqua Valley	52	Batavia	78
3	Downers South	124	St. Charles East	88
4	Batavia	128	Neuqua Valley	90
5	Oswego East	172	Glenbard East	155
6	Fremd	186	Yorkville	156
7	Wheaton North	220	Fremd	173
8	Chatham Glenwood	241	Wheaton North	211
9	Sandburg	247	Downers South	225
10	Marian Central	261	Sandburg	230
11	Glenbard East	276	Oswego East	231
12	Rosary Plainfield East	276	Plainfield East	378
13	Plainfield East	398	Elgin	411
14	Carroll	430		
15	Elgin	437		
16	Streamwood	474		
17	St. Edward	487		
18	West Aurora	499		