Variety course provided in the body of the country	9/10/16 at Peoria First to the Finish													
Control and a call filter and a cycle in the call and a cycle in the cycle of the cycle in the c	Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place			Last Year PL	Last Year Time	Team Split
Next and any activity of the month of the company o	Another strong race! I think our splits were offso first mile was a little slower and 2nd was a little faster in realityyou are working through the 2nd and 3rd miles better and better every race! Good.			40.54										
International activities of the process of the pr	Miles 1 and 2 were strong (see note about splits above). You just looked like you ran out of a little gas in the endgot your color back after the race was	Henz, Alexis	5:50	12:54	7:04	19:24	6:30)		40	Ď.	69	18:42	0:0
Sign with Feedback and Peedback	drive you to a stronger finish moving forward!	Standish, Kendra	5:46	12:47	7:01	19:28	6:41			5	1	159	19:37	0:0
The opposition provides on a registron core of the control of the	2. Stay with Kendra and Alexis—you are good enough to stay right with them! You'll continue to feel stronger and better each meet. Keep it up!	Flammersfeld, Abby	5:56	13:20	7:24	20:20	7:00			118	3	180	19:53	0:5
Internation for loads the gap on our effort electricity from the control cape after the fine or e10 october (Assept to the sected seeks) and the fine of the control cape after the first fine of the control cape after the cape after the control cape after the control cape after the cape after the control cape after the ca	A strong race, but I know you can close the gap and minimize our split on our front couple girls. Keep working your way up in practiceyou've been looking great!		6:04	13:35	i 7:31	20:32	6:57			133	2			1:0
This begins you went got with ARAPA, don't with you had be celled in the company morning and the company morning and the company morning morni	Another good race! Keep working with Amanda to close the gap on our front packwe need that to get in the 30 second range rather than over 60 seconds. Keep up the good work!	Gvori. Isabella	6:04	13:35	7:31	20:35	7:00			139	5			1:1
Commonwealth Comm	I'm happy you went out with Abbydon't second-guess that at all!! Think about what you had to eat/drink before the race so you know if it was enough moving forward. Keep being aggressive and moving with our front runnersyou		5,50	42:20	7.24	20.20	7.00			4.4		400	10:20	4.4
This would few born a hape Pit of the ground controlled in the pit of the pit	You work your way up pretty well in recent races, but you get disconnected a little too early. You have to make yourself get out a little faster and move with the pack so you don't have too much													
	work to do later in the race. This would have been a huge PR if the ground was more solid! No excuses, but take	Sim, Katherine	6:08	13:41	7:33	20:46	7:05	5		14	7	197	20:06	1:2
ell to fast, but you'll get leased to griping out out admitted. And or hat scordisoned and ellering flat you can keep pushing even repetition of the process	closer to our front group, which is great! You were 1:29 behind Alexis todaywe need to close that to less than a minute. Great job!	Ede, Morgan	6:18	13:51	7:33	20:53	7:02			15	7			1:2
Interest Program Progr	felt too fast, but you'll get used to going out hard and having more strength to finish like you started. Much of that is confidence and believing that you can keep pushing even													
197 197	and help her close that gap on our front 7! You 3 got out together again and looked greatnow you have to make sure you go with them when they move! You were just over 2 minutes behind Alexis, so we need to keep	vvebb, Kara	6:18	14:00	7:42	21:12	7:12			170	5			1:4
Thanks for your help this weekendkeep olischanskii, Kayla olisc	capable of running much fasteryou just have to do it! Thanks for your help this weekendkeep	Kitty	6:18	14:00	7:42	21:30	7:30			19	7			2:0
Naperville Sim Kathleen Sim Ka	Thanks for your help this weekendkeep working on getting in that lineup!													
Naperville North 81 North 81 North 82 Naperville 82 Naperville Naper	working on getting in that lineup! Thanks for your help this weekendkeep working on getting in that lineup!	<i>'</i>												
Naperville North 81 North 81 North 82 Naperville 82 Naperville Naper														
Naperville North 81 North 81 North 82 Naperville 82 Naperville Naper														
1 North 81				Place										
3Minooka 118 Downers Grove 4 South 156 SNew Trier 168				1		81								
Downers Grove South 156														
SNew Trier					Downers Grove									
Central 231					New Trier									
7Valley 233				6	Central	231								
Naperville 9Central 272					Valley									
10e 279					Naperville Central									
12 Fremd 310					e		t							
14Lyonts 363 15Lincolnway 393 Oswego 16East 457 17Lake Forest 498 Highland 18Park 510				12	Fremd	310)							
Oswego 16East 457				14	Lyonts	363	3							
17Lake Forest 498 Highland 18Park 510					Oswego									
18Park 510					Lake Forest									
					Park	510 521								

	_					 	
	20	Wheaton North	529				
	21	Hoffman Estates	577				
	22	Jacobs	696				
	23	Whitney Young	712				
	24	Dundee- Crown	724				
	25	Rock Island	786				
	26	Sterling Morton	795				
	27	Normal West	801				
	28	Pekin	846				
		Willowbrook	898				