9/30/17 at Wheaton North Flight Meet														
	Athlete	Mile 1				Mile 3		Open Place	Varsity Place	Mile to Go	Last Year Pl	l ast Year Time	Split from #1	Last Year Difference
You ran great today! You got out well mile 1, and made a series of moves witin that top pack to sepaate from the other					1 111311			i lucc	liace		Tearri		Spin noin #1	Difference
girls. You did close on the 1st girl, but she had quite a large lead to try to chip away at. Overall, this was a great race for														
your, and the first to truly show your potential! Do not be intimidated by ANYONE! Great job, Abby!	Flammersfeld, Abby	5:42	11:44	6:02	17:36	5:52			2	2				
Your time was strong, but you didn't have the same confidence you had last week. I think the race got in your head a bit, and you sat in the pack too long rather than take														
control and make moves early enough in the race. Had there been the #1 runners in there, I think you would have made	9													
moves to stay with them and found yourself in a better position. It was good to see what happened with this														
dynamic, and I'm excited to get you back in with the whole race next week!	Standish, Kendra	5:56	12:11	6:15	18:33	6:22			12	2				
You ran so great up until the last 400 meters! You should be so proud of your race and just have a little chip on your shoulder with the actual finish. I was so proud of you														
throughout the race, and you were in position to make a move and win the whole thing with about 600 meters to go.														
Be confident that your legs are strong enough to make that move and pull away from the other girls. Great job, and														
focus this week on finishing all of your workouts really strong You ran so strong for the first 2.5 miles. You looked calm,	Sim, Katherine	6:02	12:28	6:26	18:37	6:09			4	1				
confident, and ready to break away. In a race like that, don't be afraid to take risks and make surges because you should														
have the confidence to do so. I thought you looked great and ust lost a step or two and let the girls get away from you during the last 1/2 mile. Remember to keep contact and	2													
on't let them pull away. Another great race, with even bette ones in the weeks to come!	r Ede, Morgan	6:01	12:20	6:19	18:40	6:20			7	7				
You had an awesome race today! You got out strong and moved up throughout the race. I was so proud of the way														
you went after girls, closed gaps, and picked them off! Great time and great racing! Carry this over to when you are racing with your entire team, and you will be right with our top pack	1													
with no worries of being a distant 5th. You did exactly what we talked about, and it was so awesome to see! Great job,														
Kara! You ran a solid race today. You have done some of the best	Webb, Kara	6:06	12:34	6:28	18:48	6:14	-		5	5				
quality long runs of anyone I've coached, and your miles are in the 6:45 range at that pointI know you can race 3 faster														
than 19:33! This is still a PR for you, and a step in the right direction! Stay confident and keep moving up those last 2	Gyori, Isabella	6:11	12:59	6:48	19:33	6:34				9				
miles! Nice job! Holy cow! I am so proud of you! I can't say I'm surprised not after watching you keep up with Abby in Thursday's	a yong isabena	0.11	12.39	0.40	19.35	0.34			1	1	1			
workout. What a great race and time for you! Breaking 20 should be your next step! You looked awesome today from														
start to finish! There are years that 20:05 would put you in our top 5 or top 7and technically you were our 7th fastest	Makillia Casas	6.22	12.21	C-10	20.05	C-44	10							
today! Keep it rolling! You ran greata new PR! Next time go with Emma! You two work so great together and can really set the pace for	McKillip, Emma	6:32	13:21	6:49	20:05	6:44	19						<u> </u>	
work so great together and can really set the pace for our team! Another big accomplishment for yougetting all 3 miles under 7 min! You looked much stronger than last														
week, and I know you'll be even faster next Saturday! Great job!	Garcia, Sammie	6:37	13:36	6:59	20:17	6:41	27							
Yay! A great race for you! It's so great to see you run well! Mile 2 could have been a little quickerfor sure under 7														
minutes. I'll take it thoughit just goes to show that when you have energy you can compete throughout the entire														
race! Best race of the season, and I think you will keep having those in the next several weeks! Great job! This wasn't your best race but you really haven't gotten a ton	Scheerenberger, Kitty	6:28	13:32	7:04	20:26	6:54		21						
of racing under your belt this season. Consider it a step in the right direction, and look forward to getting to run with you	r													
teammates again! Keep working hard, and if you need to cross train a little bit, keep the intensity up so you get the			42.20		20.47	7.00								
benefits of a good workout. Great job today! You weren't sure you'd ever break 21 min,	Gall, Elyssa	6:24	13:38	7:14	20:47	7:09			15	<u>}</u>				
and now you should be thinking about breaking 20! You are so tough, and you inspire all of us! Keep it up, kiddo! Look who had a breakthrough today! Congrats on a great	Sim, Kathleen	6:42	13:50	7:08	20:47:00	6:57	,	38						
race! I'm so glad you flipped the switch and realized you CAN stick with your teammates! This was a seriously														
impressive race, and I'm looking forward to how much you'll continue to improve in the weeks to come. Great job!	Salmeron, Emily	6:35	13:47	7:12	20:57:00	7:10	41							
Times coming down are always a great thing! You have been one of the most improved runners since you started														
running on the team last year. I know you are capable of running faster, and I like that you are a little disappointed in this, but you have to be proud of getting faster and stay														
know that you are good enough to stick with Emma and														
Sammie. Stick with them from the start! You have had so many very consistent races that you are	Murphy, Meghan	6:43	13:56	7:13	20:58	7:02	42							
ready to pop a big PR! This was a small PR for you, but I know you are ready to roll! Your practices and workouts														
have been so great lately, so you just need to carry it over to a race. Stay with your teammates from the beginning, and you'll be able to make the moves during the race to keep you														
with the pack. Nice job! Nice PR today! You looked much more confident in yourself	Mendoza, Liliana	6:45	14:05	7:20	21:17	7:12	56							
and that is a wonderful thing to see! Your first mile was great, and then you were pretty consistent from there. Next														
up is 21:30! Keep it up! Great PR! You were super consistent with your splits, and I	Goduto, Angie	6:53	14:24	7:31	21:44:00	7:20	75							
think you can close faster mile 3. Try to get out a little faster and surround yourself with girls who are running faster and	Allen, Naylah	7:03	14:36	7:33	22:09:00	7:33	84							
can pull you along. Keep up the great work! You PR'd by literally 1 second. This means you have found your comfort zone. You took a break during mile 2, and you	swen, nayian	7.03	14.30	7.33	22.09.00	7.33	04							
your comfort zone. You took a break during mile 2, and you need to push through and move up in the race with the faster group. Keep your focus next race, and get out of your	r 													
comfort zone to PR by 30 seconds! Today and TF South were your best races by far You	Stonehocker, Anna	7:03	14:53	7:50	22:11:00	7:18		82						
looked much stronger today, but I know you can still get out a little faster and stay under 7:30 for mile 2 as well. Keep it up	a Dillman, Alexandra	7:07	14:53	7:46	22:20:00	7:27		86						
and keep working on your form! Nice job! Great race today! You are starting to figure things out, and	Sillinari, Alexallura	7:07	14:53	7:46	20:00	1:27		80						
were under 8 min for each mile. I know you can push even more you still ran super comfortable and were disconnected from your teammates from the start. Stay with your pack!	3													
You belong there! Best race of the season for you! Keep breaking the race up	Patterson, Ellery	7:28	15:27	7:59	23:18:00	7:51	108			-				+
just like you did today! Every time I saw you, your form looked better than it has in any race so far. You are getting														
close to 8 min pace for each mile, which would be such a huge accomplishment! Great job today, and keep up the great work!	Krapez, Marie	8:06	17:06	9:00	25:36:00	8:30		176						
Great race today! I'm so glad you kept all your miles under 9:30, and your first one was perfect! Next race, you can		0.50	1,.50	5.50		0.50		1/0						
focus on getting miles 2 and 3 below 8 minutes, and you'll PR by another huge amount! Keep staying positive and														
know that all your hard work and effort will pay off! Awesome ob, Jess!	Lopez, Jessica	8:10	17:33	9:23	26:47:00	9:14	157							
	Bonczkowski, Amanda	-											-	
	Lee, Rosie	-											-	
	Sniegowski, Madison Nepereny, Alyssa													
	Patterson, Maddie													L
	Wolf, Becca													
	Weizeorick, Shannon													

Va	rsity				Fresh/Soph					
Yor	k	33	1	59	York					
Loc	kport	33	2	61	Lockport					
Her	rsey	39	3	95	O'Fallon					
Ber	net	41	4	112	Benet					
Ma	ine South	47	5	129	Neuqua					
Loy		53	6	146	Wheaton North					
Loy	014	55	0		Oswego					
Neu	uqua Valley	53	7	174	East					
Osv	wego East	54	8							
Ma	homet-Seymour	54	9							
O'F	allon	58	10							
Arr	owhead WI	68	11							
St.	Charles East	72	12							