	10/20/18 at IHSA Oswego East Regional													
Feedback	Athlete					<i>5/20/10 a</i>		ego Lust		Mile to				
		Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place		Go		Last Year Time	Split from #1	Last Year Difference
Today was a very strong race for you! You continue you impress us by			F				.,		1		f -			
the way you attack races and aren't intimidated by anyone! Awesome														
job, congratulations, and let's get it done again next week!	Zarembski, Maddie	5:48	3 12:02	6:14	18:04	6:02	-		5	5			0:00	
Today was solid, and we know mile 2 can be even stronger! Great job														
establishing position early in the race-just make sure you respond as others move in the later stages. Congratulations and let's earn another														
week next week!	Ede, Morgan	5:55	12:29	6:34	18:46	6:17	,		16	5			0:42	
Today was a very uncharacteristic race for youwhether that makes you				0.0					-					
feel better or worse, I'm not really sure. Your consistency and hard work														
and ability were not on display today, and that is a very hard thing to														
handle when it is season-ending like this. You will bounce back, and you														
will prove again that you are more than just one race. The timing of this														
was awful, but I'm confident you will be stronger for it in the long run. Keep your head up, and focus on bouncing back!	Sim, Katherine	6:04	12:52	6:48	19:31	6:39			42	,			1:27	
keep your nead up, and tocus on bouncing back! I think today was a situation in which you just were not prepared for	pini, katherine	0.04	12.52	0.40	19.51	0.35			42				1.27	
what happened. You were/are good enough to step up and be in our														
top 3 on our team, and a lack of confidence allowed your doubts to														
creep up and take hold. Keep your head up, keep working, and know														
that you are better than this one race showed! We must learn from this														
and move on together.	Allen, Naylah	6:06	5 12:57	6:51	. 19:34	6:37	1		45				1:30	
To step in like you did and run a very strong, solid, close to PR race is so									1		1			
impressive! I wish our pack would have been stronger today, because														
you really did all we could have asked of you. Keep working hard and be so proud of your journey this seasonyou did an amazing job!	Amer, Maddi	6:18	13:11	6:53	19:49	6:38			48	2			1:45	
You struggled a bit today, but it really wasn't the worst race ever. Mile 2		0.10	15.11	0.55	15.4.	0.50				1	-		1.45	
shows the rough patch a little bit more drastically, and we were still														
hoping to see that pop in a race that we see all the time in practice. You	r													
time really wasn't that far off, but I know we were all hoping for a better														
team result in the end. Stay confident and keep working! Keep your														
head up and know that we will get through this together and be stronge			12.24	7.00	20.10				-				2.14	
for it moving forward.	Gall, Elyssa	6:12	13:21	7:09	20:18	6:57			56				2:14	
You did not look like you today in the race. Mile 2 was rough, and the race got away from you. I don't want to dwell on this because you have														
had a great season, and you are only at the beginning of your career!														
Keep working hard and get back out therewe'll bounce back and be														
stronger than ever!	Barroso, Ana	6:28	3 14:14	7:46	21:22	7:08	\$		62	2			3:18	
			Team											
			Naperville											
		1	North	20))									
		2	Oswego	84										
		3	Benet	111										
			Waubonsie											
		4	Valley	126										
		4		120	,									
			Naperville											
		5	Central	132	2									
		6	Neuqua Valley	149)									
		7		156										
			Oswego East											
		8	Metea Valley	165	i									
		9	West Aurora	257	,									
		10	East Aurora	302	2									