

10/27/18 at IHSA Waubonsie Valley Sectional

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	Split from #1	Last Year Difference				
<p>Congratulations, Maddie! You got after it today and got the job done! I could see a little more strain in your face than you usually show, and I think you wore your emotions on your sleeve a little more today than you usually do, but in the end you finished the race strong and ran very tough! Mile 1 was a tad quicker than you are used to, but it's a great think to have that experience going into next week. Remember what you are capable of--think back to your mile repeats and amazing workouts this season. Take a deep breath and be proud of what you accomplished today! Now we get to focus on having the best race you can at State!</p>	Zaremski, Maddie	5:30	11:53	6:23	18:11	6:18			15				0					
<p>I don't doubt that you worked hard today, but you definitely shifted from "racing" to "running". Bottom line is you work too hard, are too good, and have too much potential to not race your best and give it all you have when it really counts. Make sure to reflect and write some thoughts down that you can refer back to. It was a little disappointing to see that mile 2 was so far off what you've been doing this whole season. After talking to you, I'm confident your extra discomfort was because the first mile got out a little quicker than you are used to. It shouldn't matter, however, because you truly are good enough and were ready to go that fast--don't doubt yourself! We are proud of you no matter what, but make sure you think about your race today and use it to fuel you moving forward!</p>	Ede, Morgan	5:40	12:36	6:56	19:12	6:36			52		34	19:09	1:01					