

**8/23/18 at Plainfield Central**

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
Zarembski, Madison	6:19	12:55	6:36	19:12	6:17				1				
Ede, Morgan	6:19	13:02	6:43	19:35	6:33				2		19:39		0:04:00
Allgaier, Leah	6:27	13:25	6:58	20:10	6:45				3				
Barroso, Ana	6:27	13:26	6:59	20:21	6:55				4				
Webb, Kara	6:19	13:25	7:06	20:31	7:06				5		20:14		-0:17:00
Gall, Elyssa	6:19	13:26	7:07	20:38	7:12				6				
Sim, Katherine	6:19	13:24	7:05	20:43	7:19				7		20:06		-0:37:00
Allen, Naylah	6:20	13:41	7:21	21:08	7:27				8		23:09:00		2:01:00
Mendoza, Liliana	6:42	13:58	7:16	21:09	7:11				9		23:00		1:51:00
Sim, Kathleen	6:40	14:13	7:33	21:56	7:43				11				
Garcia, Sammie	6:42	14:24	7:42	22:07	7:43				12		21:10:00		-0:57:00
McKillip, Emma	6:42	14:24	7:42	22:11	7:47				13		22:09:00		-0:02:00
Hartigan, Nicky	6:40	14:30	7:50	22:17	7:47				14				
Dunn, Katie	7:09	14:57	7:48	22:43:00	7:46:00				15				
Clark, Ana	7:04	14:55	7:51	22:44	7:49				16				
Castelan, Yocie	7:07	15:14	8:07	23:00:00	7:46:00				17				
Ede, Molly	7:07	15:01	7:54	23:00:00	7:59:00				18				
Murphy, Meghan	7:01	15:14	8:13	23:28:00	8:14:00				20		21:55		-1:33:00
Goduto, Angie	7:54	16:02	8:08	24:31:00	8:29:00				23		23:12		-1:19:00
Banks, Mallory	7:26	16:19	8:53	24:59:00	8:40:00				25				
Wolf, Becca	7:30	16:02	8:32	25:12:00	9:10:00				26				
Sniegowski, Madison	7:46	16:51	9:05	25:33:00	8:42:00				28		30:32:00		4:59:00
Patterson, Ellery	7:46	16:51	9:05	25:40:00	8:49:00				29		27:08:00		1:28:00
Hemmer, Emily	8:07	17:20	9:13	26:19:00	8:59:00				31				
Wilke, Lanaya	8:06	17:33	9:27	2:42	9:09				34				
Lopez, Jessica	8:04	17:51	9:47	27:10:00	9:19:00				37		31:03:00		3:53:00
Krapez, Marie	8:03	17:52	9:49	27:19:00	9:27:00				38		28:02:00		0:43:00
Amer, Madison													
King, Hannah													
Salmeron, Emily											24:23:00		
McGavin, Mary													
Scheerenberger, Kitty											23:34		
Viano, Gaby													
<b>Team Results:</b>													
Oswego East	15												
Plainfield Central	50												

**Coach Notes:** Today we tried some specific race tactics with various groups. Overall, mile 1 was close if not spot on, but we have lots of room for improvement over miles 2 and 3. It is quite challenging to execute a race plan from start to finish, and this was a tricky one today. We have to be willing to move out of our comfort zones moving forward, especially when the race gets real (after mile 1). Continue to work on trusting your teammates and building through the race as a pack! Improvements from last year were recorded by Morgan Ede, Naylah Allen, Liliana Mendoza, Madison Sniegowski, Ellery Patterson, Jess Lopez, and Marie Krapez. Maddie Z recorded her first meet win as a wolf! Leah Allgaier and Ana Barroso placed 3rd and 4th, so our freshman class went 1, 3, and 4! Great job, ladies!