

9/11/18 at Oswego East High School

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
Zaremski, Madison	6:20	12:37	6:17	19:18	6:41			1					
Ede, Morgan	6:21	12:53	6:32	20:04	7:11			2					
Sim, Katherine	6:21	13:03	6:42	20:22	7:19			3					
Barroso, Ana	6:37	13:51	7:14	21:30	7:39			4					
Allen, Naylah	6:37	13:51	7:14	21:48	7:57			5					
Gall, Elyssa	6:28	13:51	7:23	21:53	8:02			6					
Sim, Kathleen	6:43	14:05	7:22	21:57	7:52			7					
Mendoza, Liliana	6:43	14:05	7:22	22:09	8:04			8					
Amer, Madison	6:43	14:15	7:32	22:18:00	8:03:00			9					
Dunn, Katie	7:00	14:36	7:36	22:43	8:07			10					
Garcia, Sammie	7:00	14:37	7:37	22:43	8:06			11					
Clark, Ana	6:51	14:45	7:54	23:01	8:16			12					
Murphy, Meghan	7:00	14:51	7:51	23:17:00	8:26:00			14					
Castelan, Yocie	7:08	15:17	8:09	23:54:00	8:37:00			16					
Viano, Gaby	7:00	15:11	8:11	24:01:00	8:50:00			17					
Ede, Molly	7:04	15:22	8:18	24:26:00	9:04:00			18					
Banks, Mallory	7:04	15:28	8:24	24:28:00	9:00:00			19					
Goduto, Angie	7:30	16:09	8:39	25:24:00	9:15:00			25					
Sniegowski, Madison	7:53	16:41	8:48	2:15	9:34			26					
Wilke, Lanaya	7:55	17:11	9:16	27:15:00	10:04:00			27					
Hemmer, Emily	8:29	18:11	9:42	28:48:00	10:37:00			31					
Lopez, Jessica	8:44	19:28	10:44	30:55:00	11:27:00			34					
Krapez, Marie	8:53	19:23	10:30	31:21:00	11:58:00			35					
Hartigan, Nicky				ankle									
McKillip, Emma				ankle									
McGavin, Mary				back									
Wolf, Becca				head/shins									
Webb, Kara				hips									
King, Hannah				knee									
Salmeron, Emily				PT									
Allgaier, Leah				shins									
Patterson, Ellery				smoke									

Varsity:													
<b>Team Results:</b>													
Oswego East	15	1											
Plainfield East	50	2											
		3											
		4											
		5											
		6											
		7											
		8											
		9											
		10											
		11											
		12											

**Coach Notes:** As a distance runner, you need to believe 100% that if you can do a certain pace for one mile, you can do it for 3 (or as many as you want)! That is the motto of a successful distance runner, and that is why you train! Our packs got very strung out, and many of you were running just 10 steps behind a teammate. Run with and for your teammates, as you are stronger in a pack and with your team than you are alone. Overall, today was a decent effort, but we need to tighten our packs and continue working on our mental toughness. It was great seeing you make pickups every minute during mile 2, and I think it really helped maintain those splits from mile 1 to mile 2. That is a strategy you can put into action whenever you feel you need to! The best runners make surges all throughout races, both to run faster and maintain pace as well as to pass and beat their opponents. Keep working hard, ladies! We are proud of you and your efforts!