	9/15/18 at Richard Spring Invitational *Detweiller*													
Feedback	Athlete	Mile 1	2 Miles		Finish		Fr/So Place			Mile to Go	Last Year	Last Year Time	Split from #1	Last Year Difference
What a fantastic race for any athlete of any age, much less a freshman this early in the season! You ran an	runce	Wille 2	L IVIIICS				11,501.000	open ridec	ridec			Lust real rance	Spir noin #2	Difference
incredible race today, and I know you have even better races still to come! Now the difference is, you can take														
the confidence from this race and know that you can hit the times we give you! You had an excellent start, moved	d		44.0		47.40									
up in the middle, and finished strong! Great job, Maddie! You ran an all-time PR today and did a fantastic job on	Zarembski, Maddie	5:35	11:37	6:02	17:42	6:05	9		15					
the state course so early in the season! Breaking 18 is definitely within reach now, and it's going to be an														
exciting series of races to come! I know miles 2 and 3 can be faster by the clock, but you looked strong the														
entire race. Keep up the great workand keep working in tandem with Maddie! Awesome job, Morgan!	Ede, Morgan	5:43	12:02	6:19	18:18	6:16	5		38	3	49	18:52		0:34
Today was literally one second faster than you ran here last year, but we all know you are in way better shape														
than your race showed. Take it as a positive that today wasn't your best race, and yet it was still right up there														
with one of your fastest from last season. Keep in contact earlier and believe that you belong! You did a														
respectable job for sure, but we need you working more with Morgan and Maddie for our team to really run well!	Sim, Katherine	5:53	12:26	6:33	18:58	6:32	2		89		59	18:59		0:01
Holy cow! What a race for you today! Not only is this an incredible improvement from this season, but to look at														
where you were last year and see where you are nowit's so inspiring! Couldn't be more proud of how you ran	S													
today, and we are so excited to see what the rest of the season has in store for you! Keep it up-you are looking	Allon Novich	6:06	12:41	6:35	19:15	6:34	1 12							
so strong and on pace for an incredible season! We are super proud of your first varsity race, and we	Allen, Naylah	0.00	12.41	0.55	19.13	0.34	12							
know that with more experience at this level, you'll just get better and better. This was definitely a tough race to														
run with varsity for the first time, and you did a very respectable job. I'd like you to start seeing yourself with														
that top pack. As a team today, we just had too many girls between our runners, and that's something you will get better at with each and every race. For now great														
get better at with each and every race. For now, great PR and awesome race today!	Barroso, Ana	6:11	13:04	6:53	19:48	6:44	1		176	5				
While I wouldn't say you ran bad today (still faster than you ran here last year, and still a season PR), your														
workouts lately have shown that you are capable of a huge leap up. We are literally just waiting for you to race														
to show your fitness and abilities. Mile 1 was great, but you lost your rhythm mile 2 and got kind of disconnected	_													
from the race mile 3. Keep working hard in practice—you races will show your improvement in no time!	Gall, Elyssa	6:08	13:06	6:58	20:09	7:03	3		205	i	24 O	20:34		0:25
Not really sure what happened today. Obviously there are situational things that we can improve upon for next														
time, but this was just not a good race for you. You are typically a scrappy runner that sticks and moves up well														
through the second 2 miles. You will feel physically better when we are better rested, but your workouts have														
been strong, and we know you are so much better than you raced today (even if your legs were tired). We are														
relying on your experience and leadership this season, so the focus you've had in the past is something we need to	0													
get back asap! Keep working and building your confidenceand stay connected to our pack. I'm														
confident this will be a race you can learn a lot fromso take those lessons into the rest of the season and turn	14/-bb 1/	6:07	12.04	6:57	20:12	7:08			209		75	19:09		1:03 slower
today into a positive! Finally! We are starting to see what you are capable of	Webb, Kara	6.07	13:04	0.57	20.12	7.00	9		205	1	/3	19.09		1.03 Slower
because you are letting yourself get after a race and go for it! When you look at your splits, it is obvious you still														
have lots of room to improve and get faster, but holy cow was this a step in the right direction! It takes composure and confidence to move to the front of a race this size,														
and it was so amazing watching you do just that. I know														
you have some regrets about the last half mile or so, so take those into the next several meets and focus on that strong finish. Great job Liii!	Mendoza, Lili	6:19	13:13	6:54	20:21	7:08		13			84 O	21:47		1:26
So great watching you race today! You definitely bounce		0.13	15.13	0.54	20.21	7.00	1	1.			040	21.47		1.20
back and forth like a yo-yo when it comes to pace, but you will get better and better at that with more races and														
with more workouts under your belt. You followed the race plan very well, and your 2nd two miles have room to get faster as you get stronger this season. Great work	,													
running with your teammates and working throughout the race! Awesome job, Maddi!	Amer, Maddi	6:27	13:34	7:07	20:29	6:55	5 57	,						
You ran about a minute and a half faster than your other race this season, and you were right in line with what	Arrier, Waddi	0.27	15.54	7.07	20.23	0.55	, 3,							
your Wolf times showed! You should really be thinking about breaking 20 minutes and working your way up in														
races. Mile 1 was very strong, and I know you can run faster miles 2 and 3. You are still building confidence and														
that takes time, but this was a huge step in the right direction today. Next race, get out the same mile 1, and														
focus on passing people miles 2 and 3. Great work, Hannah!	King, Hannah	6:23	13:34	7:11	20:34	7:00	61							
Today was maybe not as fast as we would have liked, because we all know that you are capable of breaking 20		5.25			25.5									
minutes, but it was right up there with your all time best races regardless. You looked strong and confident														
throughout the entire 3 miles, and your form is showing it You ran over a minute faster than at this point in the	:													
season last year! Keep telling yourself you can keep miles 2 and 3 closer to 6:40, and you will be in great														
shape! Nice job todayyou are right there! You ran almost the same race today that you ran last	McKillip, Emma	6:27	13:36	7:09	20:36	7:00		22	2		76 O	21:42		1:06
year, based on the splits. I know you know you are capable of breaking 20 minutes any day now! The good														
thing is that this race was way more in line with what you Wolf times showed, and we know you are able to run	г													
even faster miles 2 and 3 in order to bring that time down below 20. Keep working and believing that you belong!	ı													
You have some great teammates to train and run with keep working together and success will follow!	Garcia, Samantha	6:27	13:35	7:08	20:36	7:01	1 62				33 O	20:44		0:08
Today was your first big varsity race, and your first race in a while. Looking at your first 2 mile splits and where you	n			1.00	25.50									2.00
were before you tied up, you were on the way to a very strong race and a huge PR. These things happen														
sometimes, and you just have to learn from them and move on. Hydration and staying mentally relaxed should														
both help moving forward. Know that you belong, and even on a day that ended in one of the worst ways in														
terms of finishing the race, you still had close to a PR and got to experience running varsity at Detweiller. We are	1													
proud of you for finishing the race and finishing the day with your teammates. Time to recover and keep taking														
care of those shins as well!  What an accomplishment to have a lifetime PR in	Allgaier, Leah	6:16	13:05	6:49	20:37	7:32	2		246	j		-		
September of your senior year! What this means is that you have been through so many things that running can														
throw at you, and you are so much stronger today than you've ever been. I hope your sights are on breaking 20														
minutes, because you are right there! Keep up the great workyou seriously impress and inspire us every day														
from your positive attitude and how you never quit to the composure you demonstrate when handing setbacks.														
Great job, Kathleen!	Sim, Kathleen	6:24	13:31	7:07	20:45:00	7:14	1	25	i		71 0	21:37		0:52

Huge PR for you today! Awesome! Mile 1 was perfect,													
and with more training and races will come the ability to sustain that (or at least close to it) for the 2nd two miles.													
Keep up the great work, and keep the positive energy													
going, as it makes a huge difference on our team.  Breaking 21 is a big step, and your sights should now be													
on breaking 20! Great job, Katie!	Dunn, Katie	6:32	13:38	7:06	20:51	7:13	72						
Holy PR for you today! Great job getting out mile 1. You will also be able to sustain that pace the more training													
and racing you do. Don't be afraid to be uncomfortable													
and to make a race hurt. It is supposed to be hard. You													
crossed over today with such a huge PR and showed that you are capable of running that time from your combined													
results of The Wolf. Keep up the great work! Nice job,			42.40		24.00	7.00							
Molly!  How you managed to literally place the exact same this	Ede, Molly	6:29	13:40	7:11	21:09	7:29	95						
year as you did last year, I'll never know! Today was a													
strong race for you, and definitely a step in the right direction and a season PR! Running is definitely not													
easy, and you are starting to get out of that comfort zone													
you need to push past in order to have a great race.  Believe that you can get out closer to 6:30 and still run													
miles 2 and 3 under 7 minutes. It's what you train for!													
Keep working hard, and you'll be on your way to PR after	Murphy, Meghan	6:46	14:13	7:27	21:36:00	7:23		58			58 O	21:19	0:17 slower
You are getting better and better with every race, and	р,,еде												
really starting to demonstrate that a 3 mile race is no													
problem for you! Take confidence in your workouts and know that you can run 6:40 pace for the entire race.													
Today was a big season PR, and we want to see many	Banks, Mallory	6:47	14:25	7:38	22:06	7:41		88					
more of those in the weeks to come! Nice job! You got out well today, but then kind of shifted into just	Dariks, ividiloly	0.47	14.23	7.30	22.00	7.41		- 00	<del></del>				
running mode rather than racing mode. A few times													
when I saw you, you made great moves and surges past the runners around you. I know you have a lot of													
potential and have been increasing your focus and desire													
to do well. Keep working hard and finding your rhythm in practices, and take the initiative to make it happen in													
races. You have to keep your focus on the race and not													
just wish it to be over. Enjoy the process, and have fun passing girls as you race!	Viano, Gaby	6:51	14:40	7:49	22:39:00	7:59		127					
g gains are year reason													
									-				
	Team Results:												
	Varsity:				F/S:			Open					
		121		69	York			York					
	Glenbard West	131	1			1	51		-				
	Wheaton Warrenville S	133	2	84	WWS	2	74						
	Oswego	224	3	125	Glenwood	3	95						
	Oak Park River Forest	230	4	225	Neuqua	4	151	Hersey					
	Palatine	242	5	238	Palatine	5	206	OEHS					
	HInsdale Central	255	6	249	Normal	6	215	Palatine					
	Hersey	334	7	256	Glenbard W	7	235	Glenbard W					
	York	358	8	264	OEHS	8	271	St. Ignatius					
	O'Fallon	373	9	264	Mahomet	9	279						
	Stevenson	402	10	295	O'Fallon	10	286	OPRF	<del>                                     </del>				
	St. Charles East	435	11		St. Joe-Ogden	11	311	Neuqua	$\vdash$				
	Grant	444	12	326		12	327	Pleasant V	$\vdash$	_			
	Oswego East	515	13	364	LWE	13	350	DGN	$\vdash$				
	Downers Grove South	520	14	369	OPRF	14	370	O'Fallon					
	St. Ignatius	531	15	372	St. Charles E	15	388	LWE					
	Lincolnway East	531	16	459	Lane Tech	16	396	Maine South					
	Mahomet Seymour	533	17	478	DGN	17	400	LWW					
	St. Charles North	539	18	503	Deerfield	18	521	Marist					
	Pleasant Valley	555	19	519		19	523	Plainfield E					
	· · · · · · · · · · · · · · · · · · ·	555		313	unic South					_	-		
	Neuqua Valley	582	20	520	Bartlett	20	581	Lake Zurich					