

10/12/19 at West Aurora Blackhawk Stampede (12 only)													
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	Mile 1 to 2 slow down	Split from #1
King, Hannah	6:23	13:01	6:38	19:45	6:44			32				0:15	0
Salmeron, Emily	6:23	13:19	6:56	20:05	6:46			52				0:33	0:20:00
Barroso, Ana	6:23	13:13	6:50	20:06	6:53			53				0:27	0:21
Hamilton, Veronica	6:29	13:30	7:01	20:21	6:51			63				0:32	0:36:00
Hartigan, Nicky	6:35	13:30	6:55	20:23	6:53			67				0:20	0:38
Amer, Maddi	6:35	13:38	7:03	20:27	6:49			69				0:28	0:42
Johnson, Meghan	6:39	13:40	7:01	20:36	6:56			80				0:22	0:51:00
Williams, Sydney	6:29	13:35	7:06	20:54	7:19			91				0:37	1:09
Allgaier, Leah	6:48	13:49	7:01	20:56	7:07			92				0:13	1:11:00
Sniegowski, Ashley	6:45	13:56	7:11	21:02	7:06			98				0:26	1:17:00
McKillip, Emma	6:45	13:59	7:14	21:11	7:12			105				0:29	1:26:00
Garcia, Samantha	6:53	14:14	7:21	21:16	7:02			112				0:28	1:31
Alaniz, Sofia													
Allen, Naylah													
Allison, Taj													
Castelan, Jocie													
Clark, Ana													
Dunn, Katie													
Ede, Molly													
Ede, Morgan													
Feaster, Cassidy													
Geibel, Grace													
Goduto, Angie													
Hoda, Hibba													
Juarez, Karina													
Koomjohn, Tanya													
Laube, Fran													
Lopez, Monica													
Martynus, Hannah													
Mejia, Sophia													
Mendoza, Angeles													
Mendoza, Lili													
Moran, Estelle													
Murphy, Meghan													
Paribello, Loryn													
Patterson, Ellery													
Praxmarer, Grace													
Schiltz, Maggie													
Scott, Taylor													
Sniegowski, Madison													
Tago, Monse													
Tevaga, Lei													
Torres, Ximena													
Webb, Kara													
White, Taylor													
Wilke, Lanaya													
Zaremski, Maddie													
		Varsity											
	1	St Ignatius	58										
	2	Wheaton North	94										
		Chatham											
	3	Glenwood	95										
	4	Batavia	148										
	5	Sandburg	159										
	6	West Aurora	217										
	7	Bolingbrook	237										
	8	Oswego East	250										
	9	St. Charles East	252										
	10	Rosary	299										
	11	Joliet West	309										
	12	Fremd	317										
	13	Glenbard East	334										
	14	Yorkville	350										
	15	Bartlett	354										
	16	East Aurora	358										
	17	Conant	461										
	18	Elgin	517										
	19	Streamwood	585										

Coach Notes: Despite everything, we had a great day to race today! I expected to see our packs be a little more evident, but we did a respectable job. One of the things that is really obvious to me (and your other coaches) is that we work really, really hard in practice and show potential to run times that just haven't materialized in races. It's not going to happen if you don't make it happen. All the strategies we discuss with racing, making moves, working the turns, focusing on different parts of the course, etc...those are all to help your times get faster and faster each week. Take confidence from us (your coaches) that you are not just good...you are great! I don't care if you are #1 or #27 on our team, I want to see you all racing like it's your last and really going for those personal bests. Mile 1 was decent for everyone, but we slipped into comfortable mode mile 2 and only came back a little bit mile 3. Trust that you are doing what it takes every day to race well...and don't be afraid of anyone else in the race!