

10/5/19 at Wheaton North Flight Meet													
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	Last Year Difference
Ede, Morgan	5:48	12:07	6:19	18:11	6:04			4		2 (2)	18:14		0:03
Zarembski, Maddie	5:53	12:18	6:25	18:25	6:07			14		4 (1)	17:35		-0:50:00
Allen, Naylah	5:55	12:26	6:31	18:36	6:10			5		8 (4)	18:55		0:19
Webb, Kara	5:58	12:31	6:33	18:58	6:27			6					
Goduto, Angie	6:19	13:13	6:54	19:46	6:33		17			97 FS	21:38		1:52
Allgaier, Leah	6:21	13:14	6:53	19:53	6:39	14				30 FS	20:11		0:18
Johnson, Meghan	6:22	13:25	7:03	19:58	6:33	18							
King, Hannah	6:24	13:14	6:50	19:58	6:44			10		56 FS	20:43		0:45
Barroso, Ana	6:24	13:28	7:04	20:00	6:32			10		11 (6)	19:41		-0:19:00
Hartigan, Nicky	6:21	13:24	7:03	20:02	6:38	21							
Hamilton, Veronica	6:20	13:23	7:03	20:04	6:41	22							
Salmeron, Emily	6:28	13:28	7:00	20:15	6:47		28			84 FS	21:20		1:05
Amer, Maddi	6:30	13:39	7:09	20:26	6:47			11		14 FS	19:42		-0:44:00
Garcia, Samantha	6:38	13:48	7:10	20:34	6:46			39		73 FS	21:09		0:35
McKillip, Emma	6:37	13:48	7:11	20:39	6:51			41		26 JS	20:12		-0:27:00
Ede, Molly	6:26	13:42	7:16	20:47	7:05	51							
Juarez, Karina	6:32	14:00	7:28	20:54	6:54	54							
Tago, Monse	6:38	13:54	7:16	20:56	7:02	55							
Mendoza, Lili	6:44	14:06	7:22	21:07	7:01		54			7 (7)	19:42		-1:25:00
Schiltz, Maggie	6:54	14:21	7:27	21:31	7:10	76							
Sniegowski, Ashley	6:53	14:21	7:28	21:38	7:17	82							
Dunn, Katie	6:58	14:52	7:54	22:16	7:24	110				28 FS	20:06		-2:10:00
Allison, Taj	7:20	15:18	7:58	22:22	7:04		104						
Patterson, Ellery	7:17	15:06	7:49	22:32	7:26		111			177 FS	24:08:00		1:36:00
Paribello, Loryn	7:06	15:00	7:54	22:38	7:38	115							
Murphy, Meghan	7:12	14:59	7:47	22:45	7:46		115			50 JS	20:59		-1:46:00
Lopez, Monica	7:28	15:38	8:10	23:20	7:42	140							
Moran, Estelle	7:27	15:48	8:21	23:39	7:51	153							
Torres, Ximena	7:38	15:38	8:00	23:46:00	8:08	160							
Koomjohn, Tanya	7:23	15:42	8:19	23:46	8:04		144						
Sniegowski, Madison	7:18	15:46	8:28	23:59	8:13		151			135 FS	22:48		-1:11:00
White, Taylor	7:46	16:35	8:49	24:54:00	8:19	196							
Wilke, Lanaya	7:58	16:45	8:47	25:11:00	8:26	201				183 FS	24:26:00		-0:45:00
Mejia, Sophia	8:20	16:57	8:37	25:17:00	8:20	204							
Hoda, Hibba	8:29	17:14	8:45	25:46:00	8:32	218							
Scott, Taylor	8:07	17:46	9:39	26:50:00	9:04	229							
Alaniz, Sofia													
Castelan, Yocie	head												
Clark, Ana										9 FS	19:28		
Feaster, Cassidy													
Geibel, Grace													
Martynus, Hannah	baptism												
Mendoza, Angeles	hip												
Praxmarer, Grace	out of town												
Tevaga, Lei													
Williams, Sydney	quad												
Laube, Fran	ACT												
Varsity			F/S			Open				Coach Notes: While we didn't have the huge breakthrough races as a team that we know we are ready to have, based on workouts and our potential, today was a step in the right direction! We had 28 season or lifetime PRs, which is something to be extremely proud of! We got to welcome Leah, Angie, Meghan J, and Hannah to the Sub 20 club! Several of you PR'd by more than a minute (Nicky, Meghan J, Tanya, Monica, Estelle, Ximena, Taylor W, and Lanaya), a few over or close to 2 minutes (Taj, Hibba, Karina, and Loryn), and Sophia M set a personal best by almost 3 minutes! This means that we are fit, we are ready to race, and we are ready to come together as a team for the last month of the season! Defy any limitations you think you have...we are ready to roll into the remaining weeks! For many of you, the Stampede and Conference are your last 2 racing opportunities. Do not take any practice or race for granted. Keep killing workouts and smashing through barriers. Great job, ladies!			
Benet	25	1	York	15		Lockport	15						
Neuqua Valley	42	2	St. Charles East	109		New Trier	53						
York	42	3	Oswego East	116		Benet	114						
O'Fallon	43	4	Lockport	135		York	148						
Glenbard West	43	5	Neuqua Valley	135		Glenbard West	173						
Lockport	46	6	New Trier	159		Oswego East	174						
New Trier	52	7	Benet	165		Plainfield South	185						
Oswego East	60	8	Glenbard West	193		Neuqua Valley	191						
St. Charles East	61	9	Maine South	216		Maine South	203						
Maine South	67	10	O'Fallon	237		O'Fallon	206						
Waubonsie Valley	73	11	Wheaton North	240		Wheaton North	271						
Loyola	76	12	Marist	337		St. Charles East	283						
Grant	82	13	Lake Forest	417		Marist	422						
Mahomet Seymour	89	14	North Oldham	437		Lake Forest	431						
Rosary	91	15				Waubonsie Valley	453						
Wheaton North	100	16				Glenbard North	517						