

8/29/19 vs. Plainfield Central (at home)

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, Maddie	6:43	13:21	6:38	19:58:00	6:37:00				1				
Ede, Morgan	6:43	13:21	6:38	20:04:00	6:43:00				2				
Allen, Naylah	6:43	13:22	6:39	20:30:00	7:08:00				3				
Webb, Kara	6:43	13:30	6:47	20:36:00	7:06:00				4				
Amer, Maddi	6:48	14:07	7:19	21:26:00	7:19				5				
Williams, Sydney	6:55	14:25	7:30	21:46:00	7:21				6				
Barroso, Ana	6:48	14:20	7:32	21:55:00	7:35				7				
Allgaier, Leah	6:48	14:15	7:27	22:02:00	7:47				8				
Garcia, Samantha	7:02	14:32	7:30	22:05:00	7:33				9				
Goduto, Angie	6:48	14:15	7:27	22:05:00	7:50				10				
Ede, Molly	7:02	14:32	7:30	22:16:00	7:44				11				
Tago, Monse	7:02	14:32	7:30	22:22:00	7:50				12				
Praxmarer, Grace	7:33	14:50	7:17	22:45:00	7:55				14				
McKillip, Emma	6:48	14:40	7:52	22:46:00	8:06				15				
King, Hannah	7:02	14:50	7:48	22:50:00	8:00				16				
Hamilton, Veronica	7:33	14:50	7:17	22:51:00	8:01				17				
Salmeron, Emily	7:02	14:34	7:32	23:05:00	8:31				18				
Clark, Ana	7:40	15:21	7:41	23:26:00	8:05:00				21				
Mendoza, Angeles	7:33	14:50	7:17	23:35:00	8:45				22				
Mendoza, Lili	7:27	15:44	8:17	24:01:00	8:17:00				24				
Dunn, Katie	7:19	15:44	8:25	24:25:00	8:41				27				
Juarez, Karina	7:33:00	15:52:00	8:19:00	24:29:00	8:37				28				
Schiltz, Maggie	7:49	16:15	8:26	24:39:00	8:24:00				29				
Murphy, Meghan	7:49	16:15	8:26	24:40:00	8:25:00				30				
Patterson, Ellery	7:49	16:24	8:35	25:08:00	8:44:00				32				
Allison, Taj	7:46	16:25	8:39	25:21:00	8:56:00				33				
Geibel, Grace	8:40	17:30	8:50	26:04:00	8:34:00				37				
Castelan, Yocie	8:30	17:17	8:47	26:08:00	8:51:00				39				
Sniegowski, Ashley	8:40	17:30	8:50	26:14:00	8:44:00				42				
Koomjohn, Tanya	8:30	17:17	8:47	26:44:00	9:27:00				47				
Feaster, Cassidy	8:40	17:35	8:55	27:03:00	9:28:00				48				
Martynus, Hannah	8:50	17:59	9:09	27:48:00	9:49:00				50				
Wilke, Lanaya	8:50	18:24	9:34	28:38:00	10:14:00				53				
Hoda, Hibba	9:00	19:00	10:00	29:06:00	10:06:00				54				
Lopez, Monica	8:45	18:51	10:06	29:14:00	10:23:00				56				
Torres, Ximena	9:27	19:31	10:04	29:41:00	10:10:00				57				
Mejia, Sophia	9:42	20:00	10:18	30:07:00	10:07:00				58				
Alaniz, Sofia	9:42	20:00	10:18	30:31:00	10:31:00				59				
Johnson, Meghan				hip									
White, Taylor				hip									
Sniegowski, Madison				hip/IT band									
Paribello, Loryn				out of town									
Hartigan, Nicky				play									
Moran, Estelle				sick									
Laube, Fran	9:42				0:00:00								
Tevaga, Lei	9:43				0:00:00								
Scott, Taylor					0:00:00								

Team Results:	
Oswego East	15
Plainfield Central	50

Coach Notes: Yay! First Race! We are very proud of each of you for getting out there today and racing! For many, it was the first 3 mile race ever! For some of you, you probably thought you'd pass out before you could run 3 miles, but you did it! I left the colors on here, so you can see if you were with the intended group, faster, or slower. Our goal is to have the best team possible and the best possible experience for each of you. To be good at cross country, we need to close gaps and run as packs (We are the Wolves!). The first step is proving that you can do it. From there, every day becomes training your body, and more importantly, your mind, to get better and faster. You can do the best training in the world, but if you aren't focused on running as hard as you can and improving, you are only going to find some success. You have to be in the moment, want to race, and want to beat people! Race to win, don't race to not lose. The unbelievable feelings of accomplishment and true pride come from pushing past what you think you can do and working with your teammates to be GREAT! First one in the books...where can we go from here???