

**9/17/19 vs. Plainfield East and Waubonsie Valley (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
Zaremski, Maddie	6:08	12:32	6:24	19:09:00	6:37:00				2				
Ede, Morgan	6:08	12:32	6:24	19:10:00	6:38:00				3				
Allen, Naylah	6:08	12:57	6:49	19:55:00	6:58:00				5				
Webb, Kara	6:11	12:59	6:48	20:10:00	7:11:00				6				
Hartigan, Nicky	7:10	14:03	6:53	21:27:00	7:24:00				9				
Hamilton, Veronica	6:27	14:03	7:36	21:28:00	7:25:00				10				
McKillip, Emma	6:25	13:57	7:32	21:29:00	7:32:00				12				
Goduto, Angie	6:25	14:06	7:41	21:39:00	7:33:00				13				
Salmeron, Emily	6:31	14:19	7:48	22:02:00	7:43:00				14				
Johnson, Meghan	6:39	14:23	7:44	22:03:00	7:40:00				15				
Mendoza, Lili	6:58	14:30	7:32	22:15:00	7:45:00				18				
Ede, Molly	6:45	14:32	7:47	22:48:00	8:16:00				21				
Schiltz, Maggie	7:21	15:09	7:48	22:59:00	7:50:00				22				
Sniegowski, Ashley	7:20	15:12	7:52	23:14:00	8:02:00				23				
Patterson, Ellery	7:20	15:13	7:53	23:26:00	8:13:00				24				
Murphy, Meghan	7:36	16:03	8:27	24:34:00	8:31:00				27				
Paribello, Loryn	7:41	16:19	8:38	24:49:00	8:30:00				29				
Castelan, Yocie	7:57	16:30	8:33	25:08:00	8:38:00				32				
Koomjohn, Tanya	7:49	16:45	8:56	25:33:00	8:48:00				35				
Moran, Estelle	7:49	16:46	8:57	25:53:00	9:07:00				36				
Lopez, Monica	7:57	16:52	8:55	25:57:00	9:05:00				38				
Alaniz, Sofia	7:59	17:07	9:08	26:08:00	9:01:00				40				
Martynus, Hannah	7:59	17:07	9:08	26:20:00	9:13:00				41				
Sniegowski, Madison	7:59	17:07	9:08	26:24:00	9:17:00				42				
Torres, Ximena	8:47	18:24	9:37	27:42:00	9:18:00				44				
Mejia, Sophia	8:56	19:15	10:19	29:33:00	10:18:00				45				
Tevaga, Lei	8:58	21:14	12:16	31:45:00	10:31:00				47				
Amer, Maddi	pool			pool									
Williams, Sydney	pool?			pool?									
Allgaier, Leah	pool?			pool?									
Praxmarer, Grace	pool			pool									
Barroso, Ana	pool			pool									
Garcia, Samantha	concert			concert									
King, Hannah	pool			pool									
Mendoza, Angeles	pool			pool									
Tago, Monse	pool			pool									
Juarez, Karina	blisters			blisters									
Dunn, Katie	pool			pool									
Clark, Ana	not racing			not racing									
Feaster, Cassidy	hip?			hip?									
Allison, Taj	hamstring			hamstring									
Geibel, Grace	ankle			ankle									
Wilke, Lanaya	hip			hip									
Hoda, Hibba	hip			hip									
Laube, Fran	?			?									
Scott, Taylor				hamstring?									
White, Taylor	hip			hip									

<b>Team Results:</b>		<b>Coach Notes:</b> Every race is an opportunity to learn something. Even though the big weekend meets are what we geared up for, we have the opportunity to work on various strategies and learn from racing other teams head to head during the week. We looked really good in some areas, but we lacked a little discipline when it came to following through on moves and staying in our packs. To be good at cross country, we really need to be running in packs and not getting lost in no man's land. Remember that Wolves hunt in Packs! We had many season bests today, and we know the PRs will keep coming if you keep working hard in practice and control what you can control. Your mindset on race day is so important, so never underestimate what a positive attitude can do for you while standing on the line with a 3 mile race ahead of you. Shoutouts to Ellery, Maggie, and Ashley on their big time drops each meet so far, and to Sofia A for a 4 minute PR over her first 3 mile race! Make note of what you learned from racing and/or watching today, and reflect on it the next time you are preparing for a race!
<b>Oswego East</b>	25	
<b>Waubonsie Valley</b>	31	
<b>Plainfield East</b>	85	