

Team Scores:							
Varsity		F/S				Open	
Downers Grove South	95	1	York	31	1	York	60
Glenbard West	191	2	Downers Grove S	82	2	Glenbard W	110
Claremont (CA)	212	3	Chatham Glenwood	100	3	Wheaton W	138
Hinsdale Central	226	4	St. Charles East	171	4	Loyola	161
York	255	5	Palatine	172	5	Palatine	191
Oswego	300	6	Wheaton WS	211	6	Oswego Ea	194
Wheaton Warrenville South	308	7	St. Joe Ogden	214	7	St. Ignatius	198
Oak Park River Forest	330	8	Oswego East	250	8	Neuqua Vall	219
Neuqua Valley	360	9	Neuqua Valley	301	9	Downers So	276
St. Charles East	377	10	Glenbard West	308	10	Lane Tech	291
O'Fallon	390	11	Lane Tech	325	11	Downers No	307
Oswego East	422	12	Lincolnway East	329	12	Maine South	308
Monticello	435	13	Downers Grove N	337	13	O'Fallon	308
Hersey	438	14	Oswego	393	14	Oak Park Ri	401
Palatine	438	15	St. Ignatius	417	15	Oswego	446
Downers Grove North	475	16	Deerfield	420	16	Lake Zurich	491
Geneva	523	17	Oak Park River Forest	425	17	Stanford Oly	493
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Coach Notes: As individuals, some things went pretty decent for some of you. As a team, however, we did not perform even close to what we expected. The great thing is that we are learning lessons early this season, and it is not too late to grow, improve, and fix what we need to fix! Bottom line is that when we look at how the race broke down, how we failed to get out of our comfort zones, and how we did not run in our packs, we come to the conclusion we did not have a good day. Many of you ran season bests, but so many of you ran significantly slower than you did at Detweiller last year. And we are a MUCH improved team, so there is just no excuse for that. It's time to push past our limitations and expect more. A few years ago, we would have been thrilled with a 12th place finish at this meet. We are holding you to higher standards, and that is a compliment to you. So don't be complacent, don't be satisfied. Be ready to make moves and get comfortable being uncomfortable. We can do this! Keep your heads up and let's keep working to achieve our goals!