9/24/19 vs. Plainfield South and Kaneland (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	Mile 1 to 2 slow down	Last Year Difference
Zarembski, Maddie	6:07	12:36	6:29	19:07:00	6:31:00			1				0:22	
Allen, Naylah	6:07	12:43	6:36	19:31:00	6:48:00			3				0:29	
Ede, Morgan	6:32	13:14	6:42	20:01:00	6:47:00			4				0:10	
Webb, Kara	6:32	13:14	6:42	20:03:00	6:49:00			5				0:10	
Barroso, Ana	6:32	13:40	7:08	20:41:00	7:01:00			7				0:36	
King, Hannah	6:34	13:48	7:14	21:09:00	7:21:00			8				0:40	
Hamilton, Veronica	6:44	14:08	7:24	21:29:00	7:21:00			11				0:40	
Goduto, Angie	6:34	14:04	7:30	21:31:00	7:27:00			12				0:56	
Johnson, Meghan	6:50	14:12	7:22	21:33:00	7:21:00			13				0:32	
Salmeron, Emily	6:34	14:14	7:40	21:38:00	7:24:00			15				1:06	
Hartigan, Nicky	6:43	14:14	7:31	21:39:00	7:25:00			16				0:48	
Garcia, Samantha	6:50	14:14	7:24	21:40:00	7:26:00			17				0:34	
McKillip, Emma	6:44	14:27	7:43	22:19:00	7:52:00			19				0:59	
Juarez, Karina	7:01	14:44:00	7:43:00	22:36:00	7:52:00			21				0:42:00	
Sniegowski, Ashley	7:15	15:00	7:45	22:36:00	7:36:00			22				0:30	
Schiltz, Maggie	7:15	15:00	7:45	22:38:00	7:38:00			23				0:30	
Mendoza, Lili	7:01	14:48	7:47	22:40:00	7:52:00			24				0:46	
Ede, Molly	6:50	14:46	7:56	23:01:00	8:15:00			27				1:06	
Clark, Ana	7:15	15:12	7:57	23:15:00	8:03:00			31				0:42	
Patterson, Ellery	7:15	15:24	8:09	23:23:00	7:59:00			34				0:54	
Murphy, Meghan	7:26	15:26	8:00	23:27:00	8:01:00			35				0:34	
Paribello, Loryn	7:37	16:02	8:25	24:25:00	8:23:00			39				0:48	
Allison, Taj	7:27	16:34	9:07	25:11:00	8:37:00			43				1:40	
Sniegowski, Madison	7:37	16:39	9:02	25:18:00	8:39:00			45				1:25	
Lopez, Monica	8:00	16:49	8:49	25:18:00	8:29:00			44				0:49	
Martynus, Hannah	8:10	17:09	8:59	25:55:00	8:46:00			48				0:49	
Alaniz, Sofia	8:10	17:09	8:59	26:07:00	8:58:00			45				0:49	
Koomjohn, Tanya	7:53	17:21	9:28	26:30:00	9:09:00			51				1:35	
Moran, Estelle	8:21	17:30	9:09	26:31:00	9:01:00			52				0:48	
Torres, Ximena	9:00	18:09	9:09	26:45:00	8:36:00			54				0:09	
Wilke, Lanaya	8:21	17:44	9:23	27:03:00	9:19:00			56				1:02	
Hoda, Hibba	8:46	18:36	9:50	28:20:00	9:44:00			58				1:04	
Mejia, Sophia	9:03	18:40	9:37	28:44:00	10:04:00			60				0:34	
Tevaga, Lei	9:20	19:48	10:28	30:28:00	10:40:00			61				1:08	
Laube, Fran	9:20	19:48	10:28	30:29:00	10:41:00			62				1:08	
Scott, Taylor				hamstring									
Castelan, Yocie				head									
Feaster, Cassidy				hip									
Allgaier, Leah				pool									
Dunn, Katie	swim			pool									
Amer, Maddi				pool									
Williams, Sydney				pool									
White, Taylor				pool									
Geibel, Grace				pool									
Tago, Monse				pool									
Mendoza, Angeles				pool									
Praxmarer, Grace				pool									

Team Results:	
Oswego East	**20**
Kaneland	46
Plainfield South	72

Coach Notes: Our focus this week was on our packs, running with your teammates, and on executing a race plan/following instructions. Today was better (definitely better), but we still have a long way to go with executing race plans to a T. You should learn something from every race, and today you hopefully got a feel for what happens when you go out a bit more under control and then try to get faster in a race. Most of you still had a significant slow-down from mile 1 to mile 2, but it wasn't as bad as the most recent meets. Keep focusing on that consistent effort and putting yourself with the right group. You are ready for a big race soon!