|  | 8/29/20- OE vs. Minooka |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Athlete | Mile $1 \quad 2$ | 2 Miles | Mile 2 | Finish | Mile 3 | JV Place | Open Place | Varsity Place | Last 300 | Notes | Last Year Time | plit from \#1 | Last Year Difference |
| Allen, Naylah | 6:10 | 13:01 | 6:51 | 19:35 | 6:34 |  |  | 1 | 1:11 |  |  | 0 |  |
| Zarembski, Maddie | 6:13 | 13:16 | 7:03 | 19:56 | 6:40 |  |  | 3 | 1:07 |  |  | 0:21 |  |
| Barroso, Ana | 6:13 | 13:17 | 7:04 | 20:01 | 6:44 |  |  | 5 | 1:12 |  |  | 0:26 |  |
| Mendoza, Angeles | 6:14 | 13:28 | 7:14 | 20:18 | 6:50 |  |  | 6 | 1:19 |  |  | 0:43 |  |
| Dick, Morgan | 6:31 | 13:47 | 7:16 | 20:34 | 6:47 |  |  | 8 | 1:15 |  |  | 0:59 |  |
| Johnson, Meghan | 6:34 | 13:52 | 7:18 | 20:39 | 6:47 |  |  | 9 | 1:09 |  |  | 1:04 |  |
| Praxmarer, Grace | 6:30 | 13:50 | 7:20 | 20:42 | 6:52 |  |  | 10 | 1:12 |  |  | 1:07 |  |
| Williams, Sydney | 6:30 | 13:51 | 7:21 | 21:06 | 7:15 |  |  | 12 | 1:24 |  |  | 1:31 |  |
| Goduto, Angie | 6:35 | 14:06 | 7:31 | 21:13 | 7:07 |  |  | 13 | 1:13 |  |  | 1:38 |  |
| King, Hannah | 6:34 | 14:32 | 7:58 | 21:53 | 7:21:00 |  |  | 17 | 1:17 |  |  | 2:18 |  |
| Duffy, Sarah | 6:48 | 14:35 | 7:47 | 22:03:00 | 7:28 | 2 |  |  | 1:28 |  |  |  |  |
| Wieczorek, Adyson | 6:50 | 14:38 | 7:48 | 22:27 | 7:49 |  |  | 19 | 1:28 |  |  | 2:52 |  |
| Dunn, Katie | 7:02 | 15:15 | 8:13 | 23:03 | 7:48 |  |  | 22 | 1:21 |  |  |  |  |
| Salmeron, Emily | 7:05 | 15:16 | 8:11 | 23:04 | 7:48 | 6 |  |  | 1:13 |  |  |  |  |
| Saalfeld, Ava | 7:09 | 15:29 | 8:20 | 23:19 | 7:50 | 8 |  |  | 1:17 |  |  |  |  |
| Sniegowski, Ashley | 6:54 | 15:19 | 8:25 | 23:19 | 8:00:00 |  |  | 24 | 1:20 |  |  |  |  |
| Patterson, Ellery | 7:12 | 15:32 | 8:20 | 23:24:00 | 7:52 | 9 |  |  | 1:14 |  |  |  |  |
| Schiltz, Maggie | 7:17 | 15:29 | 8:12 | 23:26 | 7:57 |  |  | 25 | 1:25 |  |  |  |  |
| Juarez, Karina | 7:19 | 15:37 | 8:18 | 23:34 | 7:57 | 10 |  |  | 1:17 |  |  |  |  |
| Ede, Molly | 7:02 | 15:26 | 8:24 | 23:35 | 8:09 |  |  | 27 | 1:24 |  |  |  |  |
| Kennicott, Tessa | 7:25 | 16:09 | 8:44 | 23:54 | 7:45 | 12 |  |  | 1:20 |  |  |  |  |
| Garcia, Samantha | 7:10 | 15:48 | 8:38 | 23:57 | 8:09 |  |  | 29 | 1:20 |  |  |  |  |
| Koopman, Carissa | 7:25 | 16:17 | 8:52 | 0:48 | 8:31:00 | 17 |  |  | 1:22 |  |  |  |  |
| Lopez, Monica | 7:38 | 16:30 | 8:52 | 1:05 | 8:35:00 | 19 |  |  | 1:25 |  |  |  |  |
| Coonradt, Jensen | 8:04 | 17:03 | 8:59 | 1:43 | 8:40:00 | 23 |  |  | 1:33 |  |  |  |  |
| Green, Anna | 8:29 | 18:14 | 9:45 | 3:31 | 9:17:00 | 26 |  |  | 1:34 |  |  |  |  |
| Wilke, Lanaya | 9:03 | 19:29 | 10:26 | 5:54 | 10:25:00 | 29 |  |  | 1:53 |  |  |  |  |
| Talley, Addie | 8:40 | 19:58 | 11:18 | 6:13 | 10:15:00 | 30 |  |  | 1:38 |  |  |  |  |
| Mejia, Sophia | 9:04 | 20:17 | 11:13 | 6:51 | 10:34:00 | 32 |  |  | 1:41 |  |  |  |  |
| Hansen, Isabella | 10:42 | 23:00 | 12:18:00 2 | 2 miles |  |  |  |  |  |  |  |  |  |
| Shah, Aasiya | 11:09 | 23:17 | 12:08:00 2 | 2 miles |  |  |  |  |  |  |  |  |  |
| Hartigan, Nicky | ? |  |  | ? |  |  |  |  |  |  |  |  |  |
| Sniegowski, Madison |  |  |  | ankle |  |  |  |  |  |  |  |  |  |
| White, Taylor | 8:02 |  |  | dnf - hips |  |  |  |  |  |  |  |  |  |
| Hamilton, Veronica |  |  |  | foot |  |  |  |  |  |  |  |  |  |
| Gaona, Josslyn |  |  |  | $1 T$ band |  |  |  |  |  |  |  |  |  |
| Villacci, Gianna |  |  |  | knee |  |  |  |  |  |  |  |  |  |
| O'Dowd, Madigan |  |  |  | knee |  |  |  |  |  |  |  |  |  |
| Amer, Maddi |  |  |  | legs |  |  |  |  |  |  |  |  |  |
| Allgaier, Leah | migraine |  |  | migraine |  |  |  |  |  |  |  |  |  |
| Ramsbottom, Anna |  |  |  | quad |  |  |  |  |  |  |  |  |  |
| Tago, Monse | shins |  |  | shins |  |  |  |  |  |  |  |  |  |
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| Team Results: |  | Varsity |  |  | JV |  |  |  |  |  |  |  |  |
|  | 23 | Oswego East | 1 | 20 | Minooka |  |  |  |  |  |  |  |  |
|  | 36 | Minooka | 2 | 35 | Oswego East |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Notes from Co good shape and as well as in the on the Varsity le perfect race for significantly slow at your last 300 both races, and | oach Cook: Wh d in for a great last 300 mete level. We definit us. Take a loo wer, and we ne meters and se it was a fun m | hat an amazi competition! ers. The way nitely surprised ok at the splits eed to keep w ee the room for meet to be a p | zing dual mee ! One of the we attacked d some peop its and realize working on th for improvem part of! The | et! Any time coolest thing d the race, w ple with this ze how much hat confidence ment you hav RHYTHM wa | we can step gs is that we worked in our meet, and y faster we can ce and the m e there. Ev as definitely |  | ne with M <br> and won th should be ughout th t "if I can we didn eekend! | Minooka he hea he little so pro he who do it 't win Great | nd be evenly to head battle attles is the re d. The best $p$ thing--each m one mile, I ca the JV level, ork by everyo | matched, we s--throughout eason we wo part is that it mile. Miles 2 an do it for 3 . we were very ne! | e are in ut he race on this dual wasn't a 2 and 3 were <br> ." Also look y much in |

