		8/29/20 - OE vs. Minooka											
								Varsity					Last Year
						JV Place	Open Place		Last 300	Notes	Last Year Time	Split from #1	Difference
Allen, Naylah	6:10		6:51	19:35				1	1:11			0	
Zarembski, Maddie	6:13		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				27	1:24				
Kennicott, Tessa	7:25	16:09	8:44	23:54	7:45	12			1:20				
Garcia, Samantha	7:10		8:38	23:57	8:09			29					
Koopman, Carissa	7:25		8:52	0:48		17			1:22				
Lopez, Monica	7:38	i e	8:52	1:05					1:25				
Coonradt, Jensen	8:04	17:03	8:59	1:43					1:33				
Green, Anna	8:29		9:45	3:31		26			1:34				
Wilke, Lanaya	9:03		10:26	5:54		29			1:53				
Talley, Addie	8:40		11:18	6:13		30			1:38				
Mejia, Sophia	9:04		11:13	6:51		32			1:41				
Hansen, Isabella	10:42	23:00	12:18:00		10.54.00	32			1.41				
Shah, Aasiya	11:09		12:08:00										
Hartigan, Nicky	2	25.17	12.00.00	2 1111103									
	:			ankle									
Sniegowski, Madison White, Taylor	8:02			dnf - hips									
Hamilton, Veronica	0.02												
				foot IT band									
Gaona, Josslyn				IT band									
Villacci, Gianna				knee				-					
O'Dowd, Madigan				knee									
Amer, Maddi				legs									
Allgaier, Leah	migraine			migraine				-					
Ramsbottom, Anna				quad 				-					
Tago, Monse	shins			shins				-					
	-												
Team Results:		Varsity			JV								
<u> </u>	23	Oswego East	1	20	Minooka								
	36	Minooko	2	3 E	Oswego								
	36	Minooka		35	East								
	 										l		

Notes from Coach Cook: What an amazing dual meet! Any time we can step to the line with Minooka and be evenly matched, we are in good shape and in for a great competition! One of the coolest things is that we won so many of the head to head battles--throughout he race as well as in the last 300 meters. The way we attacked the race, worked in our packs, and won the little battles is the reason we won this dual on the Varsity level. We definitely surprised some people with this meet, and you guys should be so proud. The best part is that it wasn't a perfect race for us. Take a look at the splits and realize how much faster we can be throughout the whole thing--each mile. Miles 2 and 3 were significantly slower, and we need to keep working on that confidence and the mantra that "if I can do it for one mile, I can do it for 3." Also look at your last 300 meters and see the room for improvement you have there. Even though we didn't win on the JV level, we were very much in both races, and it was a fun meet to be a part of! The RHYTHM was definitely felt this weekend! Great work by everyone!