

9/2/20 - OE vs. Plainfield Central (Senior Night!)													
Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	JV Place	Open Place	Varsity Place	Last 300	Notes	Last Year Time	Split from #1	Last Year Difference
Allen, Naylah	6:44	13:09	6:25	19:35	6:26				1				0:00
Barroso, Ana	6:44	13:11	6:27	19:57	6:46				2				0:22
Dick, Morgan	6:44	13:21	6:37	20:14	6:53				3				0:39
Zaremski, Maddie	6:44	13:21	6:37	20:27	7:06				4				0:52
Praxmarer, Grace	6:45	13:52	7:07	21:07	7:15				5				1:32
Allgaier, Leah	6:51	13:59	7:08	21:17	7:18				6				1:42
Goduto, Angie	6:40	14:02	7:22	21:25	7:23				7				1:50
King, Hannah	6:31	14:06	7:35	21:38:00	7:32:00				8				2:03:00
Johnson, Meghan	6:51	14:35	7:44	22:16	7:41				11				2:41
Sniegowski, Ashley	7:07	14:54	7:47	22:41:00	7:47:00				13				3:06:00
Wieczorek, Adyson	7:05	14:53	7:48	22:42	7:49				14				3:07
Duffy, Sarah	7:05	14:42	7:37	22:43	8:01	1							0:00
Schiltz, Maggie	7:05	14:56	7:51	22:59	8:03				16				3:24
Saalfeld, Ava	7:10	15:10	8:00	23:00	7:50	3							0:17
Garcia, Samantha	7:12	15:13	8:01	23:14	8:01				17				3:39
Dunn, Katie	7:07	15:22	8:15	23:30	8:08				18				3:55
Hartigan, Nicky	7:07	15:24	8:17	23:31	8:07				19				3:56
Kennicott, Tessa	7:31	16:03	8:32	24:19:00	8:16:00	4							1:36:00
Lopez, Monica	7:46	16:06	8:20	24:27:00	8:21:00	5							1:44:00
Patterson, Ellery	7:42	16:07	8:25	24:29:00	8:22:00	6							1:46:00
Salmeron, Emily	7:22	15:59	8:37	24:32:00	8:33:00				20				4:57:00
Ede, Molly	7:11	15:55	8:44	24:48:00	8:53:00				22				5:13:00
Koopman, Carissa	8:05	16:49	8:44	25:29:00	8:40:00	7							2:46:00
Sniegowski, Madison	8:26	16:50	8:24	25:31:00	8:41:00	8							2:48:00
Coonradt, Jensen	8:06	16:52	8:46	25:45:00	8:53:00	9							3:02:00
Green, Anna	7:58	17:14	9:16	26:06:00	8:52:00	10							3:23:00
Villacci, Gianna	9:03	18:20	9:17	28:12:00	9:52:00	14							5:29:00
Talley, Addie	9:23	21:08	11:45	31:50:00	10:42:00	18							9:07:00
Ramsbottom, Anna	9:27	21:12	11:45	33:35:00	12:23:00	21							10:52:00
Mejia, Sophia	10:04	22:01:00	11:57:00	33:54:00	11:53:00	22							11:11:00
Gaona, Josslyn	7:42	17:46	10:04	2 miles									
Hansen, Isabella	10:08	21:59	11:51	2 miles									
Shah, Aasiya				knees									
White, Taylor				legs									
Wilke, Lanaya				stomach									
Mendoza, Angeles				hip									
Tago, Monse				shins									
Amer, Maddi				leg									
Hamilton, Veronica				foot									
Williams, Sydney				shins									
Juarez, Karina				stomach									
O'Dowd, Madigan				knee									
Team Results:													
		Varsity				JV							
	15	Oswego East	1	19	Oswego East								
	50	Plainfield Central	2	44	Plainfield Central								
<p>Notes from Coach Cook: It made our hearts happy to get to have this meet tonight. Everything was wonderful from celebrating our seniors, to the posters and gifts, to the weather, to the race itself! We are very proud to call you our team, and we love nights like these where we get to do so many things we love! In terms of the race, we saw a lot of what we asked for in our race plan. In the Varsity race, you guys did exactly what we asked. You got out in your groups, some under control and some going for it from the start (which is what we wanted). The second miles were faster than the first miles, but then we kind of stopped racing. It was still a hard effort, but we were a bit disconnected from Plainfield Central by mile 3, and we just kind of coasted to the finish. I think the effort was strong, and we are okay with how it played out. When we race a team like Yorkville, who is coming up on Saturday, we won't be able to relax during mile 3. We have to be firing on all cylinders. So, having a bit of a relaxed mile 3 was not a terrible thing. In the JV race, we saw some groups working together, but we still need to execute a race plan and follow through. As a team, you have been doing a tremendous job in workouts, so we need to see that same execution in races as well. Overall, we won both levels, scored a perfect score for Varsity, and got to celebrate with Naylah, Sam, Angie, Ellery, Emily, and Madison! Great job, ladies!</p>													