

9/5/20 - OE vs. Yorkville

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	5:58	12:25	6:27	18:54	6:29			2	1:04			0:00	
Dick, Morgan	6:13	13:03	6:50	19:50	6:47			9	1:07			0:56	
Barroso, Ana	6:11	13:22	7:11	20:13	6:51			10	1:05			1:19	
Zaremski, Maddie	6:26	13:37	7:11	20:44	7:07			13	1:08			1:50	
Williams, Sydney	6:26	13:37	7:11	20:45	7:08			14	1:13			1:51	
Praxmarer, Grace	6:27	13:37	7:10	20:46	7:09			15	1:14			1:52	
Johnson, Meghan	6:48	13:40	6:52	20:47	7:07			16	1:11			1:53	
King, Hannah	6:38	14:01	7:23	21:29	7:28			18	1:14			2:35	
Allgaier, Leah	6:47	14:15	7:28	21:45	7:30			19	1:08			2:51	
Goduto, Angie	6:45	14:36	7:51	22:11	7:35			20	1:07			3:17	
Saalfeld, Ava	6:51	14:43	7:52	22:22	7:39	2			1:08			0:00	
Wieczorek, Adyson	6:47	14:37	7:50	22:36	7:59			21	1:22			3:42	
Duffy, Sarah	6:54	14:43	7:49	22:39	7:56	3			1:23			0:17	
Schiltz, Maggie	7:13	15:09	7:56	23:02	7:53			22	1:16			4:08	
Dunn, Katie	7:14	15:22	8:08	23:18	7:56			23	1:17			4:24	
Patterson, Ellery	7:30	15:35	8:05	23:45	8:10	7			1:19			1:23	
Garcia, Samantha	7:11	15:21	8:10	23:45	8:24			24	1:32			4:51	
Salmeron, Emily	7:00	15:14	8:14	23:55:00	8:41:00			25	1:15			5:01:00	
Sniegowski, Ashley	7:08	15:34	8:26	23:56	8:22			26	1:09			5:02	
Koopman, Carissa	7:36	16:00	8:24	24:19:00	8:19:00	8			1:17			1:57:00	
Lopez, Monica	7:52	16:19	8:27	24:22:00	8:03:00	9			1:13			2:00:00	
Kennicott, Tessa	7:57	17:05	9:08	25:11:00	8:06:00	12			1:15			2:49:00	
Green, Anna	8:09	17:05	8:56	25:50:00	8:45:00	13			1:19			3:28:00	
Gaona, Josslyn	7:36	16:47	9:11	26:06:00	9:19:00	15			1:20			3:44:00	
Coonradt, Jensen	8:18	17:36	9:18	26:17:00	8:41:00	16			1:23			3:55:00	
Villacci, Gianna	8:31	18:21	9:50	28:07:00	9:46:00	17			1:30			5:45:00	
Ramsbottom, Anna	9:04	19:39	10:35	29:43:00	10:04:00	18			1:26			7:21:00	
Wilke, Lanaya	9:04	19:41	10:37	30:34:00	10:53:00	19			1:44			8:12	
Mendoza, Angeles	6:20	13:46	7:26	13:46 (2 miles)									
Hansen, Isabella	9:38	21:04	11:26	21:04 (2 miles)									
Sniegowski, Madison				ankle									
Hamilton, Veronica				foot									
Hartigan, Nicky				hip									
O'Dowd, Madigan				knee									
Shah, Aasiya				knees									
Amer, Maddi				leg									
Talley, Addie				legs									
White, Taylor				legs									
Ede, Molly				Morgan									
Tago, Monse				shins									
Mejia, Sophia				sick?									
Juarez, Karina				stomach									
Team Results:		Varsity		JV									
	17	Yorkville	1	26	Yorkville								
	44	Oswego East	2	29	Oswego East								

Notes from Coach Cook: We hit a few of our goals today, but we should not be satisfied! At the risk of this sounding negative, I have to say that in the moment, I thought we raced better than we did based on individual PRs, splits, and our team splits. What this means is that we tried to race Yorkville, but we did so at less than max capacity. We didn't fully invest in the race and go for it. If we had gone for broke, we would have seen more PRs. I realize that any PR is something to celebrate (and several of you did that), but when we have the opportunity to race a really good team, we should see our performances rise to the occasion. So when we look at our individual times and when we look at how big our split was from 1-7 in both races, we didn't do enough to really close that gap. The JV race was so helpful to help us identify what it really means for each athlete to matter and count and really have to race for the team to get that team win. It was actually a great race, and super exciting from start to finish. Just two of our runners beating 1 more Yorkville runner each would have ended up in a win for us. Every point matters. We learned today, and we grew today, and we will be better next week when we race Oswego!