9/16/17 at Peoria Richard Spring Invite														
	Athlata	Mile d					Fr/So				Last			Last Year
This was a great race for you! You went out and did exactly what we asked5:45 at the mile, top 25 in the race. The best part is, I know you	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Place	Place	Place	Go	rear PL	Last Year Time	split from #1	Uitterence
are capable of going even faster! Nice job staying relaxed and putting yourself in the top group of runners. Continue doing this week in and														
week out, and you should fully expect to be doing the same thing at the State Meet! Great job, Abby! You looked great and really moved up in the race during the 3rd mile!	Flammersfeld, Abby	5:45	11:58	6:13	18:09	6:11	L		13					
You are capable of going out a little faster to put yourself in better position, especially in a meet like this with so many girls. I'm very														
proud of that 3rd mile split, and it reflects all the girls you passed while moving up in the race. Stay confident and positive! You should have sub 18:30 on your radar in the next few weeks! Great lob. Kendra!	Standish, Kendra	6:05	12:26	6:21	18:42	6:15	5		39					
You ran very consistently today, which allowed you to catch girls who were fading during miles 2 and 3. Trust your training, because you are														
physically able to run all your miles at 6:10 or faster. I don't think you really know how good you are right now, but you definitely don't know														
how good you can be! Keep taking the risk to run with Abby in practice, and I know you can keep that pace in a race as well! Great ob, Morgan!	Ede, Morgan	6:05	12:27	6:22	18:52	6:24	1		49					
Another strong race for you! I have seriously been so impressed this season! Your composure lets us know that there is still more you can accomplish. Your first sub 19 minute race resulted in a tremendous														
accomplish. Your first sub 19 minute race resulted in a tremendous team resultwhich means that you need to understand the importance of your role on the team. Keep pushing to be in our top 3, and keep														
those times coming down! You should have 18:30 in your sights! Congrats on your first sub 19, and on getting a medal! Great job,	Sim, Katherine	6:06	12:33	6:27	18:59	6:25			59					
Katherine! What a race for you today! You moved up a lot in the race during the 2nd and 3rd miles! Looking at splits, I know there is still a lot more you		0.00	12.55	0.27	10.5	0.23	1		5.					
are capable of, which is exciting! You are knocking at the door of running sub 19, and you should be aiming at 18:30 as well! You should	d													
be so excited about what you did today and so motivated to keep it up! I'm proud of you! Great job, Kara! In the first stage of the race, you actually got out better than most of ou	Webb, Kara	6:06	12:35	6:29	19:09	6:34	1		75					
team! We want you to attack future races in the same way, and then have the confidence to keep pushing forward. It's clear your last mile	-													
wasn't your best, but it's something to work on for next time. You have stated that you want to be a scoring member of the team, and you have the ability to do that. You have stepped up big time in many races.	Đ													
Today you went after it, but didn't close the way you have in the past. I you work your way back up there and finish the race the way you start, we will be unstoppable! Great job, Amanda!	#Bonczkowski, Amanda	6:04	12:39	6:35	19:36	6:56	_		117	,				
Even though the times don't necessarily reflect it, you moved up more	Amanua	0.04	12.55	0.55	19.50	0.50			11/					
than anyone else in the later stages of the race. You had to pick off so many people just to get under 20 min. Your effort was definitely consistent, but you just didn't quite take advantage of the speed of the														
whole race in order and go with your teammates. Don't doubt yourselfyou belong in the pack! Get right in the middle and settle in that first mile. Your long runs and workouts indicate that you are so														
much faster than your last 2 miles. Look at the splits, realize that, be proud of how much you moved up, but know you are so much faster!	Gyori Isaballa	C.10	13.00	0.50	10.5				45-	,				
Great job, Isabella! You went after this race like you had something to prove, and it was great! Don't lose confidence mid-race, because you are strong enough	Gyori, Isabella	6:16	13:06	6:50	19:54	6:48			157	<u> </u>	<u> </u>			<u> </u>
to run miles 2 and 3 way faster than 7 minutes. I know it got hot out														
to attacked the race, but we want you to keep your confidence up through the finish. You haven't raced a ton this season, so each one is an opportunity to work on another part of the race. Today, mile 1 was	8													
an opportunity to work on another part of the race. Today, thile I was aggressive and confident. 2 and 3 need some work and positive energy to finish stronger. Great job, Elyssa!	Gall, Elyssa	6:07	13:20	7:13	20:34	7:13	3	24						
Your 1st mile split was right on, and you closed well at the end of the race. Mile 2 was the toughest out there today. When it's hot or humid,														
you have to channel your determination to not feel the heat and just keep on that pace. You look very strong in the middle to the later stages of the race, so I know there is more you can do during mile 2 to														
stay in contact with the front pack. Great job on your first race on the state course! Awesome job, Sammie!	Garcia Sammie	6:26	13:42	7:16	20:44	7:01	L	33						
You have been improving all season, and now it's time to look at your best races ever and be determined to beat those. You need to look ahead and challenge our front pack. I know you are better, faster, and														
stronger than ever! Your mile splits mirrored Sammie's in this race, and I know you could have been right on her hip rather than a few														
steps behind. Work with your teammates and push to the frontwhere you belong! Great job, Alyssa! Mile 1 was spot on, and then you ran out of energy. I know we've	Nepereny, Alyssa	6:29	13:45	7:16	20:57:00	7:11	L	38						
talked about this a lot, but you need to make sure you are fueling with meals and snacks so you can get through races feeling stronger. You	Cabaa													
worked your butt off all summer and during the season so far! I'm confident with the work you've put in, that you are capable of running a 3 miles at 6:26 pace! Great job, Kitty!	Scheerenberger, Kitty	6:26	13:50	7:24	21:11:00	7:20		53						
You always run strong, but I know you can do more. Cross country is hard. Once you start to believe that you are good and can compete with the girls in the front of the race, you will do it. Telling yourself you														
with the girls in the front of the race, you will do it. Telling yourself you can do it is the first step. You can run 3 miles at 6:20-6:30 pace no problem. Next time you have the opportunity, prove it! Nice job on														
your first race on the state course! Take some momentum and positive energy into the weeks to come, and it's crazy how your times will drop!	Lee. Rosie	6:29	13:55	7:26	21:15:00	7:19		54						
Great job, Rosie! You ran tough today! Great first mile! You have been one of the most improved athletes since you started camp last summer. I know you		0.25	15.55	7.20	21.15.00	/ /.1.								
improved athletes since you started camp last summer. I know you can get both miles 2 and 3 under 7 minutesyou just need to do it! You work so hard in practice that all you have to do is keep your focus														
on catching girls and moving up in the race, and the time will show it. Great job, Meghan! Strong race today! Mile 1 was great! Miles 2 and 3 were consistent	Murphy, Meghan	6:34	13:55	7:21	21:19	7:23	3	58						
and almost looked comfortable. I'm so proud of how you push through pain and discomfort daily, and I know this wasn't easy for you. Keep														
pushing and working hardyou are running great and bringing those times back to what we know you are capable of! Next racemiles 2 and 3 need to be closer to 7 minutes. I know you can do it if you stay														
mentally tough all the way to the finish! Great job, Kathleen! When I look at your overall time and splits, I think about how this wasn'	Sim, Kathleen	6:37	14:06	7:29	21:37:00	7:29	9	71						
your best race. Then I think about the fact that even a race that wasn't great for you is still almost a minute faster than your fastest time last wear, and I'm so proud! I know you can close better in the 3rd mile and														
work with your teammates to keep the 1st one around 6:30 and the others under 7 minutes. Regardless, you had a strong race on the state course for the first time. Great job, Emma!	McKillip, Emma	6:29	13:57	7:28	21:42:00	7:44	1	76						
state course for the first time. Great job, Emmai You are a tough cookie! I know you are in pain a lot and push through, and we can see that in your times and in your efforts. You have been	Wicking, Enna	0.25	13.57	7.20	21.42.00	7.4-	+	/0						
pulling yourself back into races when others might just drop back. I know you are capable of running your 1st mile around 6:30 and the														
others under 7, but the conditions made it tough to do today. Keep working hard and staying positive, and your time is just going to keep plummeting! Great job, Lili!	Mendoza, Liliana	6:35	14:08	7:33	21:47	7:39	Ð	84						
	Stonehocker, Anna													
	Dillman, Alexandra													ļ
	Allen, Naylah													<u> </u>
	Salmeron, Emily													<u> </u>
	Goduto, Angie Patterson, Ellery						<u> </u>							
<u> </u>	Patterson, Maddie					1								1
	Krapez, Marie					L					L			
	Lopez, Jessica													
	Sniegowski, Madison													<u> </u>
	Weizeorick, Shannon						<u> </u>							<u> </u>
	Wolf, Becca				l									<u> </u>
								_						
	Varsity:			Open: Wheaton										<u> </u>
	Wheaton			Wheaton Warrenville										
	Warrenville South	128		South	105	5								

Glenbard West	128	2	Glenbard West	124					
Palatine	131		OPRF	126					
Oswego East	235	4	Oswego East	153					
			Neuqua						
Oswego	262	5	Valley	174					
York	330	6	LincolnWay Central	174					
Stevenson	355	7	O'Fallon	196					
LincolnWay Cer	tral 379	8	Pleasant Valley	209					
Neuqua Valley	384	9	Glenwood	247					
Hersey	395	10	Loyola	278					
Maine South	419	11	Maine South	299					
Pleasant VAlley	485	12	Downers Grove North	300					
OPRF	489	13	Waubonsie Valley	342					
O'Fallon	505	14	Oswego	390					