		10/21/17	7 IHSA Regio	nal at West	Aurora St		s Complex Fr/So	Open	Varsity	Mile to	Loot			Last Year
	Athlete	Mile 1	2 Miles	Mile 2	Finish		Place	Place		Go	Last Year PL	Last Year Time	Split from #1	
The first half of your race was perfect! You did let the OHS girls go a bit, but were able to come back on them														
and stay in the top 5 in the end. Next week, you need to														
BELIEVE that you can beat BOTH of them! The closer you														
are to the front of the race, the better our chances are of														
qualifying as a team. You have done a tremendous job all season. You just need to stay focused on doing your job														
and not get distracted or lost in the pressure. It's still a 3														
mile race, and we still have to race it just like everyone														
else. Next week, stick the first 1.5 miles, move at the 2														
mile, and fly mile 3! You've got this, Abby! You have worked so hard, and it's all going to be worth it!	Flammersfeld, Abby	5:40	11:48	6:08	17:57	6:09			,	5			1 0	
Overall, you ran great today! Keep those times		-							<u> </u>					
droppingyou ran with confidence and a great rhythm														
today! Stay confident and consistent mile 3think about														
your form and channel those wickets in the final 400 meters. Know that you are better than both of Neuqua's														
top runners. The closer you can be to the front of the														
race, the better. See yourself in the top 20, take a deep														
breath, relax, and race! Great job today! I'm so excited	er - duli ka ada	- 40	42.07		40.30				1					
for you for next week!	Standish, Kendra	5:49	12:07	6:18	18:28	6:21			15				0:31	
You ran strong today, and I'm still feeling a huge PR next weekyou are ready for it! Although we were solid, our														
pack strung out mile 2 and had to work to get back														
together. A race like that feels different and plays out														
differently than the ones in which we are side by side														
working through the tough parts together. Be the catalyst	1								1	1	1		1	
for us next week and push our limits. Our whole pack can be in the top 35which is what we need to do! I'm so									1	1	1		1	
pumped for next week! See yourself having a great race-									1	1	1		1	1
visualize itand make it happen!	Sim, Katherine	5:50	12:17	6:27	18:40	6:23			19	9			0:43	
You were solid today, but I know you are faster! You were														
a little tight mile 2 and didn't quite move like we know														
you are capable of doing. I know your last mile can be- and will bemuch faster next week. When state is on the									1	1	1		1	1
line, you will find that extra gear and push to the finish.														
Run with confidence and put yourself in good position														
early in the race. Keep Neuqua's 1st and 2nd runners														
within reach. With 800 meters to go, pass them and don't look back! You got this, Morgan!	Ede, Morgan	5:49	12:12	6:23	18:40	6:28			20				0:43	
If there's something I know about you, it's that you rise to	Luc, Worgan	3.43	12.12	0.20	10.40	0.20				1			0.43	
the challenge and are a go-to in high stakes races. You														
know how races break down, and you know how to finish														
strong. Today, when Ideran told you to take off you did.														
Have the confidence to move sooner in the race and really move up in the last mile. You have done the work for 4	1													
years, and it's time it will pay off! I'm so excited for you														
and know you can help push our pack into the top 35 at														
Sectionals. You can do it, Amanda!	Bonczkowski, Amanda	5:51	12:25	6:34	18:51	6:26			23	3			0:54	
You also ran solid, but got a little disconnected early on														
and were several meters back throughout the race. You ran strong on your own, but you run your best when you														
stick right in our pack. I'm proud of your efforts,														
especially with the way the week started for you. I'm														
confident you will have a tremendous week and race next														
weekand we need youso that we can accomplish that	Webb, Kara	5:54	12:22	6:28	18:54	6:32			24				0:57	
big goal! Top 35 should be your goal! Great job today! CONFIDENCE is the name of the game for you. The first	Webb, Kara	5.51	12.22	0.20	10.5	0.52			<u> </u>	1			0.57	
mile felt very hard today, and that didn't get you on the														
best start. Next week, mile 1 will probably be similar in														
time but feel easier for you. You should be able to														
respond to a 6:05 with 6:30's rather than 7:00. I want you to build throughout the race and keep fightingno matter														
where you are. As our #7, you matter and will have a														
greater impact the closer you are to our pack. Be														
confident in all that you have done, from the miles to the														
weight room, and that they will pay off in the final stretches of the race. You can do it, Isabella!	Gyori, Isabella	6:05	13:12	7:07	20:22	7:10			51	ıl			2:25	
Streeties of the race. Tod can do by isabelia.	-,,	1		1.0										
Thank you for being youso positive and so poice die the		-			 				1	-		 	-	
Thank you for being youso positive and so poised in the current situation. Keep doing exactly what you're doing									1	1	1		1	
and know that if needed, you will race amazing. If not,									1	1	1		1	
you can hold your head high and know that you pushed									1	1	1		1	
everyone else to be the best they could be. Thank you for	Gall, Elyssa								1	1	1		1	
all your help, and let's get ready for next week!	Sun, Eryssa							<u> </u>	t	†				
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	Varsity								1		1		1	
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