|   |                               | 9/2/17 | at TF South R | ich Dust Inv          | ritational |        |                |            |                  |               |                 |                   |               |                         |
|---|-------------------------------|--------|---------------|-----------------------|------------|--------|----------------|------------|------------------|---------------|-----------------|-------------------|---------------|-------------------------|
| Feedback  | Athlete                       | Mile 1 | 2 Miles       | Mile 2                | Finish     | Mile 3 | Fr/So<br>Place |            | Varsity<br>Place | Mile to<br>Go | Last<br>Year PL | Last Year Time    | Split from #1 | Last Year<br>Difference |
| This race is just the beginning of what you are capable of accomplishing this season! You looked great racing, but also got a little comfortable in the middle. Don't be afraid to push in the middle of the race—think about what you have done in workouts and on long runs, and that 2nd mile will feel like a breeze! Great job getting well under 19 at  | Flammersfeld,                 |        |               |                       |            |        |                |            |                  |               |                 |                   |               | cince                   |
| meet 3 for the season! You looked strong and comfortable this race. Your time is back to what we'd expect   | Abby                          | 6:06   | 12:34         | 6:28                  | 18:34      | 6:00   |                |            | 4                | 1             | 7               | 19:21             | 0:00          | 0:47                    |
| and can be a springboard from here! You have room for improvement in the 2nd mile.<br>Even the 1st mile wasn't too fast, and you can expect to get out faster in the weeks to<br>come, and still respond with a 6:15 or faster mile 2. Nice job!  | Standish, Kendra              | 6:16   | 12:40         | 6:24                  | 18:54      | 6:14   |                |            | 6                | 6             | 3               | 18:57             | 0:20          | 0:03                    |
| So2 minutes faster than last year at this point in the season. I'm not surprised, and you shouldn't be either! You belong with that front pack, and I want you to keep pushing the pace and not allowing anyone to get comfortable. Mile 2 can be and   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
| should be much faster in the next few races—you are more than capable of running 3<br>six minute miles. Believe it, and do it!<br>You've been impressive these first 3 meets…keep improving and don't be satisfied. I'n   | Ede, Morgan                   | 6:16   | 12:40         | 6:24                  | 18:56      | 6:16   |                |            | 7                | 7             | 5th FS          | 21:05             | 0:22          | 2:09                    |
| so impressed with your approach this year and your level of commitment and maturity.<br>You knew it was time to get serious, and that's exactly what you've done. Keep<br>improving and being a leaderawesome race today.   | Sim, Katherine                | 6:16   | 12:51         | 6:35                  | 19:09      | 6:18   |                |            | و ا              | 9             | 15              | 20:20             | 0:35          | 1:11                    |
| This is what we've been waiting for from you! Knowing that the team win was on the<br>line, you got after that last 300 meters. You are calm and confident during the race<br>and you pull out all the stops when it matters. So happy to see you back to your old  | ,                             |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
| self this/last week. Keep it up, and know where you belong on this team! You have the ability to push everyone else, and that's exactly what you need to do. (Don't get too comfortable mile 2-you're too good for that!)   | Bonczkowski,<br>Amanda        | 6:16   | 13:03         | 6:47                  | 19:11      | 6:08   |                |            | 11               |               | 10              | 19:56             | 0:37          | 0:45                    |
| To say this was an average race for you today, and that's saying a lot, considering you<br>were over a minute and a half faster than last year. Mile 2 is really where you need to<br>focus and have confidence that you belong with our too pack. We are stronger when   | Villanda                      | 0.10   | 10.00         | 0.47                  | 10.11      | 0.00   |                |            | T.               |               |                 | 10.00             | 0.07          | 0.40                    |
| you are in the mix, and you have the ability to get it done! Keep working hard and staying positive, and those PRs will just keep coming!   | Webb, Kara                    | 6:16   | 13:03         | 6:47                  | 19:34      | 6:31   |                |            | 15               | 5             | 6th FS          | 21:06             | 1:00          | 1:32                    |
| I fully believe that if you were at 100% today, you'd have been under 20 minutes easily<br>You are still working to get back in your rhythm. Remember, it's early season. You<br>had a tremendous summer. Take confidence in what you've already done since last  |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
| cross country season, and stay mentally tough when it gets hard. Make yourself take those quick steps to keep in contact, and you'll be so glad in the end! You looked so great It thought you were going to pull out the win! On that note, never  | Gyori, Isabella               | 6:25   | 13:32         | 7:07                  | 20:03      | 6:31   |                |            | 18               | 3             | 12              | 20:09             | 1:29          | 0:06                    |
| be afraid to take the risk to win a race. I know you could have beat the 2 girls ahead o<br>you, but it looked like you were afraid to take the risk. I hope you are happy with how<br>you ran, but a little disappointed you didn't win when you had the chance. Next time, I  | Scheerenberger,               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
| want to see you go for it with about 600 meters to go. Keep your form and run like<br>crazy for that finish line!  You looked great today! One thing I can't ignore is that we had a super talented and   | Kitty                         | 6:30   | 13:52         | 7:22                  | 20:38      | 6:46   |                | 3          |                  |               |                 | 21:07             | 0:00          | 0:29                    |
| awesome freshman class last year, and you ran faster today than any of them did on<br>the same course when they were freshmen. That says a lot, and should show you tha<br>you are getting closer and closer to racing and training with our top group! Great job!  | Garcia, Sammie                | 6:44   | 14:07         | 7:23                  | 20:44      | 6:37   | 88             | 3          |                  |               |                 |                   | 0:00          | 3:16                    |
| Strong race today! Mile 2 was a little tough, but you moved up well in the race and appeared to be the one to cover the most ground and threaten the top 4 at the end. Make sure you keep in contact early on and don't let the leaders away. The lead was  |                               |        |               |                       | 00 == :    |        |                |            |                  |               |                 |                   | 6             |                         |
| a little too much to break down, but you ran great and looked very strong!  Nicely done today! I'm so impressed with how you raced. Over a minute faster from last year, and you looked really good! Try to pick off more girls during the 2nd mile to  | Nepereny, Alyssa              | 6:32   | 14:08         | 7:36                  | 20:55:00   | 6:47   |                | 5          |                  |               |                 | 21:36             | 0:17:00       | 0:41                    |
| keep your time more consistent. Typically, they will come back to you if you maintain pace. Really nice job! You are going to keep getting faster and faster, and it's because of all of your hard  | Sim, Kathleen                 | 6:48   | 14:22         | 7:34                  | 21:10:00   | 6:48   |                | 8          |                  |               |                 | 22:15             | 0:32:00       | 1:05                    |
| work throughout the off season. The main thing to keep working on is remembering when you're racing. Sometimes you get into a mode of just running comfortably rather than trying to beat people. Today was definitely a step in the right direction, running   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
| with your teammates throughout the race. Don't be afraid to get outside of your comfort zone and push the pace in the middle of the race. Nice job! Awesome job today! There were moments that I could tell got very tough for you, but   | Murphy, Meghan                | 6:44   | 14:16         | 7:32                  | 21:17      | 7:01   | 9              | •          |                  |               |                 | 24:10:00          | 0:33          | 2:53:00                 |
| you pushed through and ended up finishing right in the middle of our pack. Make sure to stick from the very beginning because then you can help move our pack up in the race, rather than work to re-join them. Really good job!  | Mendoza, Liliana              | 6:44   | 14:18         | 7:34                  | 21:25      | 7:07   | 10             |            |                  |               |                 | 24:48:00          | 0:41          | 3:23:00                 |
| You are really starting to figure out how to get the most out of your races! You guys have been working so well in a group, and we can see that you are pushing way more than you ever have before. Remember you train so you can run fast, so don't be afrait  |                               | 0.44   | 14.10         | 7.04                  | 21.20      | 7.01   | 10             |            |                  |               |                 | 24.40.00          | 0.41          | 0.20.00                 |
| to do that. We are seeing you compete and try to beat people, and that's a beautiful thing! Keep it up!   | McKillip, Emma                | 6:44   | 14:20         | 7:36                  | 21:34      | 7:14   | 11             |            |                  |               |                 | toe               | 0:50          |                         |
| Mile 1 was great, and mile 3 was strong, but mile 2 you lost some ground. Overall, I<br>thought this was a good race for you. Every day in practice you are improving and<br>moving up the ranks. Don't settle! It's staying fo   |                               |        |               |                       |            |        |                |            |                  |               |                 | out of            |               |                         |
| mile 2 that will help bring that time down. You can't think about how much you still<br>have to run, you just have to keep trying to catch and pass people.<br>Looking at your splits, you should be more confident from the begi   | Stonehocker, Anna             | 6:49   | 14:54         | 8:05                  | 22:12:00   | 7:18   |                | 14         |                  |               |                 | town              | 1:34:00       |                         |
| faster than you give yourself credit for, and you've been training for months now.<br>Things are starting to click in practice, and it's fun watching them click in meets as well<br>Keep up the great work, and challenge yourself to run with our top   | Goduto, Angie                 | 7:21   | 15:26         | 8:05                  | 22:23:00   | 6:57   | 19             |            |                  |               |                 |                   | 1:39:00       |                         |
| freshman/sophomore packyou belong there!  I think you moved up more than anyone else in the whole race. Honestly, if you would have stayed in the mid 20's, we would not have done nearly as well as a team. As the race progressed, you picked girls off one at a time, and I don't know if I've ever seen   | Goddio, Angle                 | 7.21   | 15.20         | 0.00                  | 22.23.00   | 0.57   | 10             |            |                  |               |                 |                   | 1.59.00       |                         |
| race progressed, you picked girls oil one at a time, and 1 only known it we ever seen<br>you race that way before. It was great to see, and fin so excited for you moving<br>florward. It's a great way to run when you hit your pace mile 1 and then start picking<br>girls up after that. Next race, you need to get out a little faster and then move from |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               | 10 sec                  |
| there! You ran tough today! Way to step up and fill in where the team needed you! You are   | Dillman, Alexandra            | 7:09   | 15:20         | 8:11                  | 22:30      | 7:10   |                | 18         |                  |               |                 | 22:20             | 1:52          |                         |
| proving that you belong with our top freshmen and sophomores, and it is so exciting to<br>watch everything come together! Keep working hard and moving up in races and<br>practices too!  | Salmeron, Emily               | 7:21   | 15:30         | 8:09                  | 22:50      | 7:20   | 25             | 5          |                  |               |                 |                   | 2:06          |                         |
| know you were disappointed in finishing 26th, but you ran very strong today! I'm proud of you for going out with the group you started with, but you need to work on sticking with them in the race. Mentally, the middle is the toughest part. You are   | Allen Nevleh                  | 7.14   | 45.40         | 0.04                  | 22.00      | 7.40   | 26             |            |                  |               |                 |                   | 2.10          |                         |
| getting better with each 3 mile race, so stay positive and keep it up!<br>You got out well mile 1 and lost confidence mile 2that close to 9 minutes is way too<br>slow for you! You moved back up mile 3, but I want to see you leading our group and   | Allen, Naylah                 | 7:14   | 15:18         |                       |            |        |                |            |                  |               |                 | 00.55             | 2:16          |                         |
| pushing the entire way! Keep those times coming down!  Great job for your 2nd race! You will be surprised by how much and how fast you improve, because you are doing great! Keep it up, and keep working hard in practice  | Patterson, Maddie             | 7:20   | 16:09         |                       |            |        |                | 27         |                  |               |                 | 22:55             |               |                         |
| and listening to your body!  Good job today! You are still not running to your potential, because we can see how fast you really are! Keep moving up in practice, and don't limit how fast you can run or   | Krapez, Marie                 | 7:47   | 17:23         | 9:36                  | 2:04       | 8:41   |                | 46         |                  |               |                 |                   | 5:26          |                         |
| how hard you can push. You are running hard, but you aren't quite racing yet-so that's our goal!  You should feel good about your race today! I thought you looked much stronger and  | Patterson, Ellery             | 8:08   | 17:35         | 9:27                  | 2:07       | 8:32   |                | 47         |                  |               |                 |                   | 5:29          |                         |
| you kept your running form throughout the entire race. Don't limit how much you can<br>PRkeep brining the times down each week, and you'll be so happy at the end!  | Lopez, Jessica<br>Sniegowski. | 8:13   | 18:07         | 9:54                  | 3:11       | 9:04   |                | 59         |                  |               |                 |                   | 6:33          |                         |
| keep surprising yourself and improving each and every day at practice and with every race. Try to stay with your teammates! Great job and great improvements so far!  | Madison<br>Lee, Rosie         | 8:29   | 18:28         | 9:59                  | 27:36:00   | 9:08   |                | 60         |                  |               |                 | 23:33             | 6:58:00       |                         |
| Glad you came today, even though you weren't well enough to race!  Thanks for your help with splits today!  | Wolf, Becca<br>Weizeorick,    |        |               |                       |            |        |                |            |                  |               |                 | 23:33             |               |                         |
| Thanks for your leadership warmning up with the f/s group and your help on splits today!  Thanks for your help today, let's net you back racing!  | Shannon<br>Gall, Elyssa       |        |               |                       |            |        |                |            |                  |               |                 | 25:15:00<br>20:10 |               |                         |
| Thanks for your help todaylet's get you back racing!  | Sun, Liyosa                   |        |               |                       |            |        |                |            |                  |               |                 | 20.10             |               |                         |
|   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
|   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
|   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
|   |                               |        |               |                       |            |        |                |            |                  |               |                 |                   |               |                         |
|   | Team Results:<br>Varsity:     |        |               | Fresh/Soph:           |            |        | Open:          |            |                  |               |                 |                   |               |                         |
|   | Lincolnway Central            | 37     | 1             | Lincolnway<br>Central | 18         | 1      | Oswego E       | 48         |                  |               |                 |                   |               |                         |
|   | Oswego East                   | 37     |               | Oswego<br>East        | 57         |        | Lincolnway     | 51         |                  |               |                 |                   |               |                         |
|   | Joliet West                   | 146    | 3             | Joliet West           | 82         |        | _              | ident we w | on               |               |                 |                   |               |                         |
|   | Merrillville                  | 169    | 4             | Argo                  | 130        | 4      |                |            |                  |               |                 |                   |               |                         |

|        |                  |     |            |     |    |  | <br> | _ |  |  |
|--------|------------------|-----|------------|-----|----|--|------|---|--|--|
| Argo   | o 202            | 5   | TF South   | 218 | 5  |  |      |   |  |  |
| Hon    | newood           |     |            |     |    |  |      |   |  |  |
| Flos   | ssmoor 206       | 6   | Whiting    | 236 | 6  |  |      |   |  |  |
| Illiar | na 218           | 7   | Bremen     | 237 | 7  |  |      |   |  |  |
| Ever   | ergreen Park 224 | . 8 | Thornridge | 298 | 8  |  |      |   |  |  |
| Whit   | iting 279        | 9   |            |     | 9  |  |      |   |  |  |
| TF S   | South 319        | 10  |            |     | 10 |  |      |   |  |  |
| TF N   | North 337        | 11  |            |     | 11 |  |      |   |  |  |
| Bish   | nop Noll 342     | 12  |            |     | 12 |  |      |   |  |  |
| Bloc   | om 390           | 13  |            |     |    |  |      |   |  |  |
| Gav    | vit 397          | 14  |            |     |    |  |      |   |  |  |