10/7/17 at West Aurora Blackhawk Stampede														
	Athlete				Finish		Fr/So Place		Varsity Place		Last Year PL	Last Year Time	Split from #1	Last Year Difference
This was not your best race, but I'm proud of you for going after it from the beginning and seeing how you feel racing from the front.											rour r 2			
You typically "warm up" into the race and build into it. Your first mile was not faster than you can handle, I think you just lost some														
confidence and steam towards the end. I don't have a problem with you racing that way, but carry through the end of the race.														
Don't doubt yourself-you are good enough to run 5:45 pace for the whole thing!	Flammersfeld, Abby	5:44	12:04	6:20	19:09	7:05			15	5			c	1
Great race for you today! Your 3rd mile split looks slow, but remember it was a 5k. You looked great and ran very smart today Awesome job! Keep those eyes on Abbyyou did a great job	1													
Awesome race today 1 think the past week paid off hugeyou	Ede, Morgan	6:03	12:25	6:22	19:15	6:50			19				0:06	i
looked super strong, in control, and ran so great with your teammates! Keep this rolling into conferenceand don't be														
satisfied by just being in the top 18aim high with your goals! Great race!!! You looked great and ran so smart with your	Bonczkowski, Amanda	6:03	12:32	6:29	19:28	6:56			22	-			0:19	
teammates! It was amazing to see you in that pack and running so great today! Awesome awesome job!	Webb, Kara	6:03	12:32	6:29	19:28	6:56			23	6			0:19	
Such a strong race for our entire pack, and you are such a key component to that group! Great job, and keep rolling with your teammates! Awesome!	Sim, Katherine	6:03	12:32	6:29	19:29	6:57			24				0:20	
Not your best race, but it was mostly the last 1/2 of the race. The first part was fineit's not like you got out too fast or anything.														
You know you finished and felt fine, which is enouraging moving forward. Stay confident, focused and relaxed, and you'll achieve														
those goals next week and in the weeks that follow as well! You had a much different race today, which we kind of expected	Standish, Kendra	6:03	12:36	6:33	19:49	7:13			36	5			0:40	
by throwing you into the varsity race. Make sure to take advantage of getting pulled to faster times. Don't get in your own														
way when it comes to that. You actually didn't run poorly, but the race felt different because you were surrounded by the fastest girls on the other teams. Your 3rd mile also has the extra .1 of the														
mile, so don't dwell on that split at all. Take the experience gained from running varsity and use that at conference next week! Great	1													
job stepping up today! I could say the same thing to you I just put for Emma. Any time	McKillip, Emma	6:35	13:46	7:11	21:36	7:50			92	2			2:27	
you run on a different level, it's going to feel different. You have to control your own emotions and nerves in order to take														
advantage, and I think you both did a respectable job. This will pay off next week, and you earned the opportunity to run varsity-														
so don't feel bad at all! You did make up some ground the last 1.1 miles, so that was good to see!	Garcia, Sammie	6:37	13:55	7:18	21:40	7:45			93	8			2:31	
You got out great and looked decent mile 2. The girls caught you towards the end, and you didn't have a response in your legs to fight back. You have raced great at conference in the past, so I'm														
looking for you to take the good from this race and apply it next week so you can finally meet your time goal of breaking 20!!!	Nepereny, Alyssa	6:28	13:35	7:07	21:40	8:05		9						
Great job stepping up today! It's a little strange running a race without teammates you usually rely on. I thought you did a great														
job of running with confidence. The last mile had the extra .1 tacked on, so the split wasn't really 8:10, but I know you could														
have been a little faster the last mile regardless. Keep working with your teammates, and great things will happen at Conference	Murphy, Meghan	6:44	13:57	7:13	22:07	8:10	26							
next week! You always have such strong finishes and end up closing on your teammates. Next week, I want you to be right with Meghan,	Marphy, Meghan	0.44	13.57	7.15	22.07	0.10	20	,						
Emma, and Sammie from the start. Don't let them pull away and create more work for yourself. Work together in the stages that														
are tough for you, and you can help them push to the finish as well. Nice job todayget ready for Conference!	Mendoza, Liliana	6:48	14:03	7:15	22:09	8:06	28	8						
You had an okay race today. It wasn't great, but it wasn't terrible either. You looked like you were running strong but pretty														
comfortably the whole way. I'm so proud of you for that being your norm-I wasn't sure if you'd really be able to race much at all,														
but you are doing fantastic week in and week out. Get excited for next week! I heard you say that you think you run better without the pressure	Sim, Kathleen	6:48	14:07	7:19	22:10	8:03		19						
of the varsity race. I agree with that being the result, but it doesn't have to be. You have worked your butt off all season and														
all summer, so I want you to want to be in the varsity race! Next week you can take your experience racing into the Open race at														
conference and be racing for one of those top 18 places (top 10 would be better)! You have to be confident stepping to the line-	Schoorophorger Kitty	6:40	14:15	7:35	22:25	8:10			111				3:16	
and you should be confident because we know you have it in you! Strong race today! If you convert your time, you would have set a	Scheerenberger, Kitty	0.40	14.15	7.55	22.23	0.10				-			5.10	
PR for the 3 mile race! You closed the gap on Kitty and Kathleen, but you were still kind of stuck in no-man's land. Don't be afraid to run with them next week! You can do it! I am confident you														
can have a huge PR next week! Nice job! Another solid race, kiddo! You have strung together several great	Stonehocker, Anna	6:56	14:24	7:28	22:40:00	8:16		34						
races, and it's been so awesome to see! Keep closing on that groupif you can be with Liliana and Meghan (and Emma and														
Sammie), we could have a shot at winning F/S conference next week! Close that gap and race!!!	Salmeron, Emily	7:02	14:32	7:30	22:44:00	8:12	50	0						
Wow! You stepped up big time today! It was so great to see you race like you've been practicing! Awesome job running with Emily	,													
for the first 2 miles. You have been working so hard, and it's paying off for sure! Stick with Emily, and close on our front group even more next week! You can do it!	Allen, Naylah	7:02	14:32	7:30	22:54:00	8:22	59							
You had a great race last week, and just looked kind of stuck this week. You have one more conference race left of your high schoo														
cross country seasonit's now or never! Don't hold back, and don't doubt yourself. We talk about how consistent effort over														
time is what creates success in distance running. You have literally had 4 years of consistent effort and training. Use that to build	r -													
your confidence so that when you get to the line, you believe you can keep up with our front pack in the open race and finish your profession and provide the source and the source of	Dillman, Alexandra	7:16	15:07	7:51	23:44:00	8:37		55						
conference race by achieving your goals! Your first mile was great! Remember why you train! Keep rolling out this week to stay nice and loose so you have no second		,.10	15.07	,.51		0.57								
thoughts or excuses during the race. You are physically tough and strong, so you just need to keep your focus during the race and try														
to catch people and beat them to the chute! In the middle of the race, it's important to remember what you're running for and why			45.0-		22.55.00									
you're racing. Prior to last week, 24:58 would have been a 3 mile PR, and you rar	Goduto, Angie	7:06	15:07	8:01	23:55:00	8:48	87							
that on a 3.1 mile course! That just shows you are in much better shape than you realize! Great first miledon't lose your focus on miles 2 and 3. You have been training all season and are in much														
miles 2 and 3. You have been training all season and are in much better shape now. A 3 mile race should be no problemyou've go a huge opportunity to PR by a ton at conference! Think positive														
and go get it! I'm proud of you for stepping up and racing. You continue to work	Patterson, Ellery	7:33	15:53	8:20	24:58:00	9:05	105			-				
through pain and try to get to the starting and finish line each week. That is incredible. Now for a little tough love. You're a														
senior, and you've been doing this for 4 years. It is not acceptable for you to run by yourself in races, and you've done it every week.														
I give you so much credit for racing, but you make it so much harder on yourself by doing it alone. You have one shot at conference to race as hard as you can. 3 miles is 3 miles no matte	-													
whatso if you run faster, you get done faster and get to celebrate and get your feet up at the same time! Do not let yourself run														
aloneyour job is to stay with our pack no matter what! Getting your 5k under 30 minutes is one check point, but you need	Patterson, Maddie	7:19	15:52	8:33	25:11:00	9:19		87	1					
to focus on continuing to PR as well. Conference is your last race this season, and I want you to put it all out there. I've seen you se	t													
HUGE prs in races, and I know this can be another one if you put your mind to it! No negative thoughts and self doubt during mile														
3focus on the positive, setting a PR, and beating girls to the chute!	Lopez, Jessica	8:27	18:17	9:50	29:12:00	10:55	156	6						
	Gall, Elyssa													
	Gyori, Isabella													
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Lee, Rosie											
Krapez, Marie											
Weizeorick, Shannon											
Sniegowski, Madison											
Wolf, Becca											
			Frosh								
Varsity			Soph			Open					
						Downers					
Yorkville	37	1	Batavia	75	1	Grove South	37				
			Neugua								
Batavia	44	2	Valley	78	2	Batavia	80				
Oswego East	103	3	Glenbard East	97	3	St Charles East	129				
			Downers			Neugua					
Neuqua Valley	105	4	Grove South Wheaton	100	4	Valley	139				
St. Charles East	124	5	North	131	5	Yorkville	148				
Glenbard East	186	6	Fremd	131	6	Fremd	151				
		_	St. Charles		-	Glenbard					
Chatham Glenwood	192	7	East	154	7	East Wheaton	155				
Wheaton North	251	8	Yorkville	171	8	North	173				
Rosary	275	9	Oswego East	228	9	Oswego East	175				
West Aurora	275	10	West Aurora	220	10	Sandburg	254				
Arrowhead WI	68		west Autora	290	10	Sandburg	254		<u> </u>		
		11				-					
St. Charles East	72	12									
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