

**Hinsdale South Girls Cross Country Roster**

**9/15 Dual Meet with Morton**

3.0 Mile Race	PLACE	Mile 1	Mile 2	Mile 3	Finish	Comments
Mutters, Danielle	V-1	6:19	6:57	6:45	20:01	The Lonely runner in the wilderness gets a win
Johnson, Nicole	V-2	6:20	7:06	7:04	20:30	You can hold a sub 7:00 2nd and third, can't let up
Maka, Violet	V-3	6:31	7:22	7:06	20:59	Bring mile two down, nice race
Sperlak, Laurie	V-4	6:51	7:19	7:07	21:17	First race back with a bang!
Hayes, Bridget	V-5	6:51	7:23	7:06	21:20	Bring mile two closer to first mile
Johnson, Kim	V-6	6:38	7:31	7:15	21:24	Keep setting high goals and dreams will come true
Christenson, Megan	V-7	6:51	7:23	7:22	21:36	Two races in a row and still going
Carr, Kathleen	V-8	6:54	7:29	7:14	21:37	You have endurance to speed up 2nd mile
Gangi, Laura	V-9	6:54	7:31	7:15	21:43	Two races in a row means you are for real
Swik, Amanda	V-10	7:01	7:34	7:12	21:47	In bigger race, 2nd mile will be faster
McLaughlin, Liz	JV-1	7:01	7:39	7:18	21:57	Used the cool breeze to your avantage, nice work
Kuna, Amanda	JV-2	7:01	7:41	7:25	22:07	Next race try to run low 21 or high 20
Borek, Kelly	JV-3	7:01	7:38	7:30	22:09	Make a strong effort to pick up 2nd mile, compete
Rohner, Nikki	JV-4	6:51	7:51	7:38	22:29	This week will be better with rested legs
man, Jodi	JV-5	7:11	7:50	7:34	22:35	Believe in yourself and don't back down
Bures, Jill	JV-6	7:40	8:21	7:37	22:38	Great last mile, bring second mile down
Jachimiac, Dawn	F/S- 1	7:23	8:24	7:53	23:40	A win for the Hornets
Wentland, Lydia	F/S- 2	7:23	8:24	8:00	23:47	Racing more to potential, great work
Klecka, Lindsay	JV- 7	7:40	8:21	7:47	23:48	1 minute improvement from last week
Lackey, Michelle	F/S- 3	7:23	8:24	8:05	23:52	Great competitor today, you will continue to speed up
Hoganson, Christine	JV- 9	7:44	8:32	8:03	24:19	Great last mile, speed up 2nd
Miller, Sarah	F/S- 4	7:54	8:53	8:50	25:37	One of the top for the Fresh Soph again
O'Connell, Maureen	JV- 14	8:18	9:38	9:22	27:18	1 minute faster, we will work on speed
Nicoll, Tiffany	F/S- 9	9:09	10:22	10:14	29:13	Race like Reavis &you'll have all miles sub 9
Bartocci, Julie	F/S- 11	9:09	10:06	10:32	29:47	2 minutes faster!
McClain, Heather	F/S- 12	9:05	10:45	10:32	30:22	Work to bring 2nd miles down