Hinsdale South Girls Cross Country Roster					9/15 Dual Meet with Morton
PLACE	Mile 1	Mile 2	Mile 3	Finish	Comments
V-1	6:19	6:57	6:45	20:01	The Lonely runner in the wilderness gets a win
V-2	6:20	7:06	7:04	20:30	You can hold a sub 7:00 2nd and third, can't let up
V-3	6:31	7:22	7:06	20:59	Bring mile two down, nice race
V-4	6:51	7:19	7:07	21:17	First race back with a bang!
V-5	6:51	7:23	7:06	21:20	Bring mile two closer to first mile
V-6	6:38	7:31	7:15	21:24	Keep setting high goals and dreams will come true
V-7	6:51	7:23	7:22	21:36	Two races in a row and still going
V-8	6:54	7:29	7:14	21:37	You have endurance to speed up 2nd mile
V-9	6:54	7:31	7:15	21:43	Two races in a row means you are for real
V-10	7:01	7:34	7:12	21:47	In bigger race, 2nd mile will be faster
JV-1	7:01	7:39	7:18	21:57	Used the cool breeze to your avantage, nice work
JV-2	7:01	7:41	7:25	22:07	Next race try to run low 21 or high 20
JV-3	7:01	7:38	7:30	22:09	Make a strong effort to pick up 2nd mile, compete
JV-4	6:51	7:51	7:38	22:29	This week will be better with rested legs
JV-5	7:11	7:50	7:34	22:35	Believe in yourself and don't back down
JV-6	7:40	8:21	7:37	22:38	Great last mile, bring second mile down
F/S- 1	7:23	8:24	7:53	23:40	A win for the Hornets
F/S- 2	7:23	8:24	8:00	23:47	Racing more to potential, great work
JV- 7	7:40	8:21	7:47	23:48	1 minute improvement from last week
F/S- 3	7:23	8:24	8:05	23:52	Great competitor today, you will continue to speed up
JV- 9	7:44	8:32	8:03	24:19	Great last mile, speed up 2nd
F/S- 4	7:54	8:53	8:50	25:37	One of the top for the Fresh Soph again
JV- 14	8:18	9:38	9:22	27:18	1 minute faster, we will work on speed
F/S-9	9:09	10:22	10:14	29:13	Race like Reavis &you'll have all miles sub 9
F/S- 11	9:09	10:06	10:32	29:47	2 minutes faster!
F/S- 12	9:05	10:45	10:32	30:22	Work to bring 2nd miles down
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	PLACE V-1 V-2 V-3 V-4 V-5 V-6 V-7 V-8 V-9 V-10 JV-1 JV-2 JV-3 JV-4 JV-5 JV-6 F/S- 1 F/S- 2 JV-7 F/S- 3 JV- 9 F/S- 4 JV- 14 F/S- 9 F/S- 11	PLACE Mile 1 V-1 6:19 V-2 6:20 V-3 6:31 V-4 6:51 V-5 6:51 V-6 6:38 V-7 6:51 V-8 6:54 V-9 6:54 V-10 7:01 JV-1 7:01 JV-2 7:01 JV-3 7:01 JV-4 6:51 JV-6 7:40 F/S- 1 7:23 F/S- 2 7:23 JV- 7 7:40 F/S- 3 7:23 JV- 9 7:44 F/S- 4 7:54 JV- 14 8:18 F/S- 9 9:09 F/S- 11 9:09	PLACE         Mile 1         Mile 2           V-1         6:19         6:57           V-2         6:20         7:06           V-3         6:31         7:22           V-4         6:51         7:19           V-5         6:51         7:23           V-6         6:38         7:31           V-7         6:51         7:23           V-8         6:54         7:29           V-9         6:54         7:31           V-10         7:01         7:34           JV-1         7:01         7:39           JV-2         7:01         7:41           JV-3         7:01         7:38           JV-4         6:51         7:51           JV-5         7:11         7:50           JV-6         7:40         8:21           F/S-1         7:23         8:24           JV-7         7:40         8:21           F/S-3         7:23         8:24           JV-9         7:44         8:32           F/S-4         7:54         8:53           JV-14         8:18         9:38           F/S-9         9:09         10:22	PLACE         Mile 1         Mile 2         Mile 3           V-1         6:19         6:57         6:45           V-2         6:20         7:06         7:04           V-3         6:31         7:22         7:06           V-4         6:51         7:19         7:07           V-5         6:51         7:23         7:06           V-6         6:38         7:31         7:15           V-7         6:51         7:23         7:22           V-8         6:54         7:29         7:14           V-9         6:54         7:31         7:15           V-10         7:01         7:34         7:12           JV-1         7:01         7:34         7:12           JV-1         7:01         7:38         7:30           JV-2         7:01         7:41         7:25           JV-3         7:01         7:38         7:30           JV-4         6:51         7:51         7:38           JV-5         7:11         7:50         7:34           JV-6         7:40         8:21         7:37           F/S-1         7:23         8:24         8:00	PLACE         Mile 1         Mile 2         Mile 3         Finish           V-1         6:19         6:57         6:45         20:01           V-2         6:20         7:06         7:04         20:30           V-3         6:31         7:22         7:06         20:59           V-4         6:51         7:19         7:07         21:17           V-5         6:51         7:23         7:06         21:20           V-6         6:38         7:31         7:15         21:24           V-7         6:51         7:23         7:22         21:36           V-8         6:54         7:29         7:14         21:37           V-9         6:54         7:31         7:15         21:43           V-10         7:01         7:34         7:12         21:47           JV-1         7:01         7:34         7:12         21:47           JV-1         7:01         7:34         7:12         21:47           JV-1         7:01         7:38         7:30         22:07           JV-3         7:01         7:38         7:30         22:09           JV-4         6:51         7:51         7:38