Hinsdale Sou	uth Girls	<u>Cross</u>	Count	ry Ros	ter	Dual Meet-Willowbrook 9/27/04
3.0 Mile Race		<u>Mile 1</u>	Mile 2	Mile 3	<u>Finish</u>	<u>Comments</u>
Maggie Dayhoff		7:14	8:27	8:07	23:48	Bring down mile 2.
Justina Grigonyte						Must build endurance and fight through pain
Maddie McGuire		7:24	8:25	8:27	24:16	
Else Oliver		10:31				Must develop endurance through practice
Vyshnavi Reddy		7:43	8:32	8:48	25:03	Work on mile 3, you can improve on next race
Urte Simonaityte		7:31	9:28	9:38	26:37	Only 2nd race, work to build endurance
Julie Bartocci		9:24	10:55	11:29	31:48	Need to work on turnover and last mile
Dawn Jachimiec		7:17	8:39	8:29	24:25	Sprained ankle in race
Ashley Johnson		7:15	8:02	8:12	23:29	Nice Race.
Heather McClain		7:40	8:46	8:51	25:17	Despite foot ran well, get ready for conference
Sarah Miller		7:26	8:38	9:05	25:09	Work on last mile
Nikki Monegain		7:23	8:16	7:58	23:47	Excellent race, fast last mile.
Sarah Spahn		9:13	10:56	10:29	30:38	Try to bring mile #2 down
Lydia Wentland		6:55	7:52	7:53	22:40	Solid Effort
Megan Christenson		6:31	7:24	7:26	21:23	Way to work with your teammate
Paige Copeland		6:32	7:25	7:27	21:24	Good teamwork, reliable performer
Kim Johnson		6:43	7:33	7:44	22:00	Decent run, relax and have fun
Violet Maka		6:54	8:23	8:19	23:36	Unprepared today and effected whole race
Danielle Mutters		6:11	6:52	7:03	20:06	You are physically capable, you must want it.
Laurie Sperlak		6:22	6:53	6:35	19:50	Last mile was incredible, good work!
Kim Vlcek		6:36	7:32	7:31	21:39	You can go faster on miles 2 and 3, make it happen.
Kelly Borek		6:55	7:25	7:41	22:01	Nice run. Bring down mile 3.
Jamie Glass		8:30	9:43	9:55	28:08	You can run 26, bring down mile 2 & 3
Mallory Hoftstedt						Didn't run-sick
Staci Knoelk		7:00	7:43	7:44	22:27	Nice race you were #8 for the Hornets
Maureen O'Connell		8:35	10:25	10:07	29:07	Use your ability to run far by picking it up @ 2mi

9-27-04