

Sept. 11, 2019

TEAMS: WRHS, MG, HV, PHS
SITE: Wahconah **Distance:** 3.1
WEATHER: high 70s and muggy

Pl.	Tm. Pl.	Name	Time	Pace	V. PT	C. PTS
1	1	Kellie Harrington	0:19:35	0:06:19	10	15
4	2	Cami Diehl	0:20:38	0:06:39	8	13
10	3	Abby Kittler	0:21:54	0:07:04	4	9
11	4	Isabella PW	0:21:56	0:07:05	4	9
12	5	Megan Francoeur	0:21:56	0:07:05	4	9
14	6	Emelyn Theriault	0:21:59	0:07:05	3	8
17	7	Sydney Ferris	0:22:50	0:07:22	3	7
26	8	Tess McCluskey	0:24:30	0:07:54	2	4
31	9	Ella Korte	0:24:44	0:07:59		3
32	10	Meredith McCandless	0:24:53	0:08:02		2
34	11	Lena Ungewitter	0:25:01	0:08:04		2
35	12	Gianna Maddalena	0:25:01	0:08:04		2
37	13	Maddy Malumphy	0:25:08	0:08:06		2
40	14	Madison Tobin	0:25:44	0:08:18		2
44	15	Elodie Theriault	0:26:14	0:08:28		
56	16	Hannah Roloson	0:28:08	0:09:05		
66	17	Bethany Renaud	0:31:12	0:10:04		
67	18	Paige Webster	0:31:16	0:10:05		
79	19	Bella Ameen	0:33:44	0:10:53		
88	20	Lily Smith	0:36:05	0:11:38		

TOP 7

Kellie
Cami
Abby
Isabella
Megan
Emelyn
Sydney

VARSITY

SEASON

2 1

Spread
1 to 5 2:21
1 to 7 3:15

There were 95 runners in this race
 Varisty status: Cami, Kellie, Abby, Isabella PW, Megan, Emelyn, Sydney

SCORING

PHS	MG	PHS	WRHS
1	2	1	3
4	3	2	7
9	5	4	10
10	6	5	11
11	7	6	12
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	8	8	
35	23	9	
		18	43

Every single girl on this team DRAMATICALLY improved in many different ways this week, and that is no small accomplishment. The effort to embrace uncomfortableness (is that a word) for the good of the team is exactly what defines a successful team. You were strong, motivated and relentless! The sky is our limit this year with such a motivated/talented team.

I have to give an 'atta girl' to Bella, whom I have NEVER seen run like she did on the track today. And an "atta boy' to Coach Ward, who brilliantly thought of wetting you down before you ran-brilliant!!

Elodie has exhibited strength in many ways this week, running with raw blisters, using her mental will in our arm tests and by carving almost 2 min. off her race time. Mittens for Elodie!