

Black and Gold Fall Practice Meet 10/8/2020, 78 Degrees

Girls

Name	1 m	2 m (split)	Team
Taylor	6:31	12:55 (6:24)	Black
Makenzie	7:04	14:08 (7:04)	Gold
Tori	7:24	14:54 (7:30)	Gold
Melissa	8:04	15:18 (7:14)	Black
Camille	8:04	15:19 (7:15)	Gold
Perla	8:04	15:26 (7:22)	Black
Jocelyn	8:20	15:57 (7:37)	Black
Maggie	8:20	15:58 (7:38)	Gold
Julie	8:20	16:03 (7:43)	Black
Jayden	8:20	16:13 (7:53)	Gold
Cailin	8:28	16:53 (8:25)	Gold
Hope	8:29	17:18 (8:49)	Black

Final Scores: Black 27, Gold 28

Coach Comments:

This was not a bad effort but for most of us, I know this was not a MAXIMUM effort. The large negative splits show that we still had plenty of run left in us and that we went out too conservatively. I'm actually encouraged by the splits I saw because they indicate that we have a ton of improvement left in us. Let's make it our goal in 5 months to race 5k at the speed we ran our second mile at yesterday

Let's also work to bring more freshmen into the team. Distance learning has made recruitment of new athletes very difficult. The fact that we only have 2 freshmen on the roster is pretty worrying. Maggie and Cailin, start talking to your friends. Older girls, if you know freshmen that seem motivated, talk to them and bring them out.

Boys

Name	1 m	2 m (split)	Team
Eric	5:29	10:51 (5:22)	Blue
Joe	5:34	10:53 (5:19)	Red
Diego	5:35	11:12 (5:37)	White
Cole	5:45	11:42 (5:57)	Blue
Owen	5:44	11:44 (6:00)	White
Brian	5:49	11:45 (5:56)	White
Nathan	5:54	11:47 (5:43)	Blue
Silvano	5:54	11:50 (5:56)	Red
Jesus	5:54	12:00 (6:06)	Blue

Adolfo	5:44	12:16 (6:32)	Red
Luis	6:21	12:52 (6:31)	Blue
Emmanuel	6:27	13:00 (6:33)	Red
Hudson	6:27	13:26 (6:59)	Red
Ezra	6:35	13:41 (7:06)	Blue
John	6:45	13:41 (6:56)	White
Aden	6:45	13:45 (7:00)	Red
Cesar	6:45	13:57 (7:12)	White
Zach	7:20	14:36	White
Dominic		14:37	Blue
Jacob		14:40	Blue
Israel			Red
Joseph And.		15:49	Blue
Tony		16:16	White
Jeff		16:27	Blue
J. Avila		17:10	Red
Avelino		19:06	White
Dylan		19:25	Blue
Jonathan A.		19:36	Red

Cesar missing from results. Need to use back up notes to re-adjust

Team Scores White 46, Red 45, Blue, 32

Coach Comments

Boys. Lots of stuff to dig down into yesterday. It's kind of tough because the results got goofed up. Looks like Cesar walked off without turning in his bib number. This is probably why the team scores came out wrong yesterday. No matter, Blue won either way. Come on guys, almost all of you have done this many times before. You know about bib numbers.

We had a few PRs yesterday from guys that have been running hard and running consistently. Joe knocked over 1 minute from his best time. Owen sliced a big chunk of time also, Nathan ran his first 2 mile ever and broke 12 by a big margin, which considering he was barely breaking 6 for the mile a couple of months ago is a huge accomplishment.

Guys who ran major positive splits, this is simply an indication of a lack of mileage and a lack of tempo efforts. Now we know where we need to focus our efforts over the next 2-3 months before the races start to get serious.