

Hornet-Red Devil Invitational

Coach Paul Hass

How would you assess the varsity race and another team title at the invite?

"The varsity ran extremely well. What more can you ask for? The top three were out of this world. Katelynne Hart as a freshman didn't shy away from anything. The goal always is to run our best and we were pushed by some excellent competition and responded well. And to see Claire (Connolly) and Janie (Nabholz), the goal was to stick together and they had the same exact split and finishing time. That was the plan and they ran it to perfection. I couldn't be more pleased with the effort, but that's all it is, an opening effort, and it's got to get better from there."

Didn't this invite further show Katelynne Hart's tremendous potential?

"Without question. She's competed at the AAU level and been on the national stage before and I think it's really given her confidence. She's been in big meets before and it really helped with her confidence. She just stepped up against some of the toughest competition in the state of Illinois and with the Minooka girls. The rest of the girls in the top 10 are probably future all-staters in November. It's great to see her come through. I know Lindsey (Payne) enjoyed having a teammate to run with. That's something special and something Lindsey never experienced until Saturday."

How would you evaluate the frosh-soph race, with Grace Oh leading the way in fifth place?

"I'm pretty happy with all three levels and how they ran. I wanted to get (Grace) some experience of running in front of the pack (on frosh-soph). She never had that before. She's improved to such that she earned that right to get a low score and medal. I think if she had to do it over again maybe she went out a little too hard, but that's part of the learning experience too. She's only a sophomore but I thought she ran very, very well. When you put out there expectations that someone can be up front, they can be shy but she really embraced it. That was the sixth fastest time for us on Saturday."

Was the frosh-soph team finishing third pretty encouraging?

"We were third last year and obviously Chloe Connolly ran that last year and it was only a two-mile race. Third for the second consecutive year was pretty great. That had everything to do with the team effort. Emma Hall really stepped up. Nicole Kaiser has been sick but she really stepped up the third mile. Brooke Engel was moving the whole way and moved up and was only two seconds one place behind her. Abby Hoffman is going to keep on getting better and better and just going to get stronger and stronger. It was really a strong effort by those

five. We asked them to step up a bit because we had Lauren Pappas go down earlier in the week (against York). She goes down but they stepped up in her place and that's pretty special."

How would you evaluate the open race and its fourth-place team finish?

"They did a great job. I don't remember the last time we were fourth, never, in that open race. That's probably because we have everybody running the 3 mile race. This time there were newcomers in mileage or they were recovering from injury. For some reason had a lot more and as a result we did a lot more. Lily Smith really put herself in that race, perhaps a little too early, but she'll learn from that. I love the competitive spirit she had. Haley Yeager had a very nice race in moving throughout the race. Mary Kate Shaver did well and moved well. She was up in the top 10 much of the race and finished ninth. It was a great effort to put herself up in the top dozen and maintain it that strong. That was great to see her come back and do that and I thought (Jillian Locke and Rebecca Gathof) did a good job. They really moved well and moved into that fourth and fifth position well. That was pretty neat to see them all work together. It was truly a team effort."