

TIGER TRACKS



The Joliet West Girls' Cross Country Newsletter-For All Your Lady Tiger News!

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Running at Conference

On Saturday, October 15th the regular cross country season concluded with the SPC conference meet at Channahon Community Park. The first girl's race of the day was the Freshman/Sophomore race. Overall the F/S team placed 5th with 141 points. Amongst the team was runner Barbara Lunsford who ran a 22:03 and finished with an all conference 18th place. Next up was the girl's varsity race. As a team the girls placed 6th with 142 points. Earning the all conference title were runners Maddie Blaauw (18:37) finishing in 10th and Ashley Lang (19:13) finishing in 16th. The day concluded with the open girls race where the team placed 6th with 165 points. Of the open team Jessica Newby placed with a 21:53. The day was a happy one as many of the girls walked back to camp after their races with smiles on their face. This was due to an overall great performance by each and every girl. Big improvements were seen with 29 girls running faster than their previous time at Community Park. One highlight was Lili Gomez who improved her previous record on this course by over 6 minutes, which is something almost unheard of in a 3-mile race. The conference meet was a great way for many of the girls to end their season. Now that the regular season is behind the team the Tigers are preparing for the post season. Many challenges face the ladies as they move on to Regionals this weekend. In the Regional the team will be facing some steep competition. The Tigers are ready to take on the challenges ahead!



The open warming up for their race!

Operation Gratitude

On Tuesday October 11th volunteers from the team participated in operation gratitude's Halloween Program. The girls donated a variety of candy and dental hygiene products to be sent to troops, veterans and first responders. The girls also wrote letters thanking the current and past military members for their service. Overall the team sent 48 pounds of candy and 18 pounds of dental hygiene products to the foundation. The total letter count came to 31. The foundation will use the donations and letters to create care packages to be sent. Operation Gratitude is a great organization that accepts letters and donations year round.



Girls packing up candy and dental hygiene products to be sent to project gratitude!

Post Season Schedule

- Regionals: October 22nd in Normal, IL.
- Sectionals: October 29th in Edwardsville, IL SIUE
- State: November 5th in Peoria, IL.