



# TIGER TRACKS

The Joliet West Girls' Cross Country Newsletter—For all Your Lady Tiger News!

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## 2015 Sectional Meet

The 2015 Sectional cross country meet was held at Normal's Maxwell Park on Halloween. The day was very wet and cold but the Tigers persevered. The team came in at 9th place with 220 points. Advancing individuals included Sophomore Maddie Blaauw(18:23) and Senior Kiersten Perry (18:52). Blaauw earned the honors of All-Sectional with a 5th place finish. Freshman Bella Betlejeski(19:57) was one of the few Freshman to finish the Sectional meet and was in the top 50. Sophomores Marina Rico (20:44), Jessica Newby(21:15) and Marissa Baugh(21:32) ran a tough race while fighting the slippery turns and harsh weather. Maddie Blaauw and Kiersten Perry were awarded the purple parking pass for next week's

state meet at Detweiller Park in Peoria, IL. When asked how she felt about her race Blaauw stated that she felt a sense of accomplishment and that she was very "excited" for the state meet.



## Sectional's Practice Week

During the week before sectionals the lady Tiger's stayed focus on their upcoming race while having a little fun. Each day at school the girls followed a theme that often carried over in to practice. Some themes included "Neon Day", "Dress Up Day" and "Favorite Meet Shirt Day". The most successful day of the week was "Pajama Day" where many of the girls went all out in onesies and other comfy sleep wear.



Thursday Practice before Sectionals was deemed "Pajama Day"

"Things we perceive as personal limits usually just mark the limit of our comfort level, not the limit of any actual ability. It is not until we are challenged that most of us ever know what we are really capable of doing."

-Dawn Dais, Marathon runner