



TIGER TRACKS

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

Volume 2 Issue 3

Rich Dust Invitational

On Saturday, September 3rd the girls dominated the 45th annual Rich Dust Invitational hosted by Thornton Fractional South. The day started out with Ashley Long finishing first in the Freshman/Sophomore race with a time of 19:53. The team as a whole came in 4th place, a big accomplishment for these young runners. Bella Betlejeski (10th), Erica Nurczyk(19th) and Tatianna Cahue(25th) all placed in the race. The champion theme continued with Maddie Blaauw winning the Varsity race with a time of 18:27. The varsity team placed 5th overall at the meet. Placer included Madasen Kasprisin (28th), Pamela Sanchez(41st) and Ariana Short (45th). In the open race Margaret Petrilla placed and earned an individual ribbon, which was the first open placer for the Tigers.



Varsity & F/S teams excepting awards!



Six girls were recognized at the meet!

Plainfield North Relay Race

On Tuesday, August 30th the Tigers participated in the Plainfield North relay cross country meet for the first time. This race was unique and the girls enjoyed running with a partner in a relay style race. Each girl had one partner and they raced two mile each. After each mile the girls had a break while their partner ran. Many of the girls stated that they enjoyed the meet because it was something different, which usually doesn't happen in cross country. At the meet three teams were recognized and received medals. The girls included Maddie "Mad Dog", Yessenia , Ashley, Madasen, Tatiana and Barbra.

Upcoming Events

- 9/10: Steelmen invite
- 9/17: Richard Springs Invite (Peoria)
- 9/24: Hoffman Estates Invite

“The biggest mistake an athlete can make is to be afraid of making one.”