

## Individual Meet Goal Setting

Date & Time	Meet	Goal	Results/Reflections
Friday, August 30th 10:00 AM	Beresford Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Friday, Sept. 6th 8:00 PM	Augustana Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Tuesday, Sept. 10th 4:15 PM	Canton Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Saturday, Sept. 14th TBD	Sioux Falls Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Tuesday, Sept. 17th 4:00 PM	Sioux Fall 2nd Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Tuesday, Oct. 1st 4:30 PM	Sioux Valley Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts:
Thursday, Oct. 3rd 4:00 PM	Lennox Invitational Distance:	I would like to run a: _____ I think I'll run a: _____ because: _____ _____ _____	I ran a: _____ Thoughts: