**INSTANT REPLAY: PAC-12 CHAMPIONSHIPS**

**Due:**11:59 p.m. Monday, May 16

**Why:** You've got to reflect on what you did and why you did it -- that's one of the key ways to improve at doing this kind of work.

**Length:**Two or three sentences on each prompt is great. Spend some time and think.

**The prompts:**

* What were your biggest successes this weekend? Be specific, and explain how you improved from previous meets.
* What are the next steps you need to take to keep improving as a track and field journalist? Where do you need more improvement? Why?
* What ideas do you have for how we can use our Pac-12 experience at NCAAs? I want your suggestions!
* What do you need from me to keep improving?
* How are you going to downshift during this non-meet week to make sure you're fresh for the big and busy Pre Classic week?