

800s									Sep 1								
First Name	Last Name	1	2	3	4	5	AVG	5k Indicator	1	2	3	4	5	6	AVG	5k Indicator	
Cate	Cantlay	3:41	3:42	3:35	3:36	3:38	3:38	23:36	3:29	3:30	3:33	3:35	3:35	3:35	3:32	22:57	
natane	deruytter	3:06	3:06	3:06	3:05	3:05	3:05	20:01	3:00	2:59	2:58	2:57	2:52	2:55	2:56	19:03	
Macie	Dubay								3:18	3:14	3:16	3:15	3:08	3:07	3:13	20:53	
Allie	Dustin	3:03	3:00	3:01	3:01	2:58	3:00	19:29	3:00	2:59	2:58	2:57	2:47	2:50	2:55	18:56	
Sophie	Gielink	4:14	4:21	4:17	4:15		4:16	27:43	3:57	4:07	3:55	4:07			4:01	26:05	
Oilvia	Hauserman	3:33	3:42	3:32	3:35	3:28	3:34	23:10									
Caroline	Hendricks								3:40	3:40	3:52	3:53			3:46	24:27	
Anna	Kang	4:33	4:32	4:40	4:44		4:37	29:59	4:12	4:14	4:18	4:10	3:59		4:10	27:03	
Natalie	Klug	3:43	3:50	3:51	3:48		3:48	24:40									
Hannah	Loomis	3:49	3:50	3:52	3:55		3:51	25:00	3:34	3:45	4:03	4:08	4:11		3:56	25:32	
Hailey	Lowe	3:17	3:15	3:25	3:20		3:19	21:32	3:18	3:14		3:15	3:13		3:15	21:06	
Liesel	McGuinness	4:00	4:00	3:54	3:43		3:54	25:19	3:33	3:44	3:48	3:50			3:43	24:08	
Katherine	Morgan	3:41	3:41	3:47	3:51	3:51	3:46	24:27									
Anne	Moyse	3:00	3:04	3:03	3:03		3:02	19:42	3:00	2:59	2:58	2:56	2:56		2:57	19:09	
emily	muckle								3:26	3:34	3:34	3:33			3:31	22:50	
Megan	Nafziger	3:43	3:43	3:37	3:37	3:37	3:39	23:43	3:32	3:31	3:35	3:41	3:34		3:34	23:10	
Lena	Nazelli								3:18	3:14	3:16	3:16	3:16		3:16	21:13	
Kathryn	O'Neil	3:50	3:54	3:54	3:54	3:44	3:51	25:00	3:40	3:43	3:44	3:47	3:42		3:43	24:08	
Shannon	O'Toole	4:33	4:40	4:41	4:46		4:40	30:18									
Emily	Owen	3:07	3:08	3:10	3:12		3:09	20:27	3:01	2:59	2:58	2:57	2:48	2:52	2:55	18:56	
Caroline	Peterson	4:16	4:21	4:14	4:25		4:19	28:02									
Lauren	Prince	3:49	3:43	3:59	3:46		3:49	24:46	3:40	3:39	3:40	3:35	3:32		3:37	23:29	
Abby	Staley	3:38	3:43	3:46	3:46		3:43	24:08	3:39	3:45	4:00	3:50	4:03		3:51	25:00	
Laila	Terkawi								4:08	4:14	3:48				4:03	26:18	
Sarah	Terkawi								4:10	4:15	3:50				4:05	26:31	
Emma	Thombs	3:31	3:44	3:38	3:56		3:42	24:02	3:17	3:14	3:22	3:30	3:28	3:22	3:22	21:52	
Megan	Vehar	4:19	3:25	4:34	4:31		4:12	27:16	3:40	3:50	3:55	3:51			3:49	24:47	
Anna	Weber	3:43	3:46	3:42	3:37	3:35	3:40	23:46	3:40	3:43	3:44	3:47	3:40		3:42	24:02	
Kathryn	Weber	3:43	3:41	3:42	3:38	3:43	3:41	23:55	3:24	3:28	3:30	3:35	3:43	3:46	3:34	23:10	
Jenna	Williams	4:16	4:19	4:16	4:23		4:18	27:55	3:57	4:07	3:55	4:07			4:01	26:05	
Chloe	Williams								3:40	3:40	3:43	3:45			3:42	24:02	
Julia	Workum								3:40	3:43	3:59				3:47	24:34	

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## KEY

Light Blue One Week Consecutive Improvement (dating to previous workout, even if 2012)

Mid Blue Two Week Consecutive Improvement