LAST	FIRST	1	2	3		AVG	5k Indication	1	2	3		AVG	5k Indication
Cantlay	Cate							9:15	18:45			9:22	26:29
Dustin	Allie	6:48	13:52	21:05		7:01	19:50						
Kang	Anna							11:39	22:54			11:27	32:22
Loomis	Hannah	10:12	21:00			10:30	29:41	9:15	19:20			9:40	27:20
Moyse	Anne	6:55	14:02			7:01	19:50	7:04	14:00	21:05		7:01	19:50
Morgan	Kate							9:15	18:45			9:23	26:31
Nazelli	Lena	7:14	15:09	23:15		7:45	21:55	7:20	14:54	22:30		7:30	21:12
Thombs	Emma							8:05	16:45	25:32		**8:30**	24:02
Vehar	Megan	8:08	18:43			9:21	26:26						
Williams	Jenna	10:12	21:00			10:30	29:41						
Deruytter	Natane	6:56	14:20			7:10	20:16						

First Name	Last Name	1	2	3	4	5	AVG	5K
Cate	Cantlay	9:27	19:20	28:14			9:24	26:34
natane	deruytter							
Macie	Dubay	8:36	17:09	25:47			8:35	24:16
Allie	Dustin	7:02	13:54	20:45	27:40		**6:55**	19:33
Sophie	Gielink	10:40	21:07	31:32			10:30	29:42
Oilvia	Hauserman	8:36	17:09	25:47			8:35	24:16
Caroline	Hendricks							
Anna	Kang	11:11	22:12	33:32			11:10	31:34
Natalie	Klug	9:27	19:20	28:14			9:24	26:34
Hannah	Loomis	10:00	19:41	29:21			9:47	27:41
Hailey	Lowe	7:30	15:35	23:26			7:48	22:03
Liesel	McGuiness	9:27	19:00	28:10			9:23	26:32
Katherine	Morgan	8:36	17:10	26:24			8:48	24:54
Anne	Moyse	7:03	13:59	20:48	27:47		**6:56**	19:36
emily	muckle	9:58	20:31	30:09			10:03	28:42
Megan	Nafziger	9:27	20:18	29:13			9:44	27:32
Lena	Nazelli							
Shannon	O'Toole	11:24	22:58				11:29	32:28
Emily	Owen	7:03	13:28	22:21	30:20		7:35	21:26
Caroline	Peterson	9:58	20:53	32:38			10:52	30:45
Lauren	Prince	9:27	19:20	28:58			9:39	27:18
Abby	Staley	9:27	20:53	31:36			10:32	29:48
Emma	Thombs	8:02	16:26	24:50			**8:16**	23:22
Megan	Vehar	9:02	19:36	29:28			9:49	27:45
Kathryn	Weber	9:27	19:00	28:18			9:26	26:41
Jenna	Williams	11:24	22:58				11:29	32:28
Chloe	Williams							
Julia	Workum							
		Aug 6, 20						
31								

First Name	Last Name	1	2	3	4	5	AVG	5K
Cate	Cantlay	8:34	17:38	26:30			8:50	25:00
natane	deruytter	6:33	13:20	20:09	26:51		6:42	18:57
Macie	Dubay							
Allie	Dustin	6:33	13:20	20:09	26:51		6:42	18:57
Sophie	Gielink	10:10	19:35	28:12			9:24	26:36
Oilvia	Hauserman							
Caroline	Hendrick	9:14	18:33	27:40			9:13	26:05
Anna	Kang	9:55	19:38	29:08			9:42	27:26
Natalie	Klug							
Hannah	Loomis	8:54	17:52	26:57			8:59	25:24
Hailey	Lowe	7:40	15:30	23:24	31:53		7:58	22:31
Liesel	McGuiness							
Katherine	Morgan	8:34	17:38	26:30			8:50	24:58
Anne	Moyse	6:49	13:40	20:18	26:59		6:44	19:02
emily	muckle	9:03	17:59	26:36			8:52	25:04
Megan	Nafziger	8:55	17:38	25:40			8:33	24:10
Lena	Nazelli	7:40	15:26				7:43	2:49
Shannon	O'Toole	10:40	20:36	32:24			10:48	30:32
Emily	Owen	6:33	13:20	20:09	27:00		6:45	19:05
Caroline	Peterson	9:30	18:58	28:32			9:30	26:53
Lauren	Prince	9:01	17:53	27:02			9:00	25:27
Abby	Staley							
Emma	Thombs	7:40	15:35	23:42			7:54	22:20
Megan	Vehar							
Kathryn	Weber	8:51	17:52	26:42			8:54	25:10
Jenna	Williams	10:08	19:34	28:22			9:27	26:45
Chloe	Williams	9:14	18:33	26:48			8:56	25:15
Julia	Workum	9:04	18:02	27:09			9:03	25:35
Sarah	Terkawi		19:12	28:43			9:34	27:04
Laila	Terkawi		19:12	30:00			10:00	28:16
		Sep 24, 2						
							13	
							17	

First Name	Last Name	1	2	3	4	5	AVG	5K
Cate	Cantlay	8:15	16:30	24:46	32:44		8:11	23:08
natane	deruytter	6:21	12:53	19:35	26:30		6:37	18:42
Macie	Dubay	7:00	14:40	22:10	29:30		7:22	20:50
Allie	Dustin	6:21	12:53	19:25	25:58		6:29	18:20
Sophie	Gielink	8:30	17:30				8:45	24:44
Oilvia	Hauserman	8:25	17:05	25:35			8:31	24:06
Caroline	Hendricks	8:24	17:40				8:50	24:58
Anna	Kang	9:14	18:23				9:11	25:58
Natalie	Klug	8:30	17:30				8:45	24:45
Hannah	Loomis							
Hailey	Lowe	7:00	14:40	22:10	29:30		7:22	20:50
Liesel	McGuiness	8:04					8:04?	22:50
Katherine	Morgan	8:04	17:15				8:37	24:23
Anne	Moyse	6:46	13:45	21:03	28:30		7:07	20:07
emily	muckle		18:07				9:03	25:37
Megan	Nafziger							
Lena	Nazelli	7:00	14:40	22:10	29:49		7:27	21:04
Shannon	O'Toole	9:42	19:10				9:35	27:05
Emily	Owen	6:21	13:05	20:04	27:03		6:45	19:05
Caroline	Peterson	9:35	18:50				9:25	26:38
Lauren	Prince	8:04					8:04?	22:50
Abby	Staley	9:35	18:58				9:29	26:48
Emma	Thombs	7:00	14:50	23:25			7:48	22:03
Megan	Vehar		17:40				8:50	24:58
Kathryn	Weber	8:30	17:15				8:37	24:23
Jenna	Williams							
Chloe	Williams	8:15	16:38				8:19	23:31
Julia	Workum		17:40				8:50	24:58
Sarah	Terkawi	9:59	20:01				10:00	28:16
Laila	Terkawi	9:47	19:10				9:35	27:05
		Oct 1, 20						
							17	
							21	

KEY

Light Blue	One Week Consecutive Improvement
Light Blue	Two Weeks Consecutive Improvement
Light Blue	Three Weeks Consecutive Improvement