

Workout	1600m		8/15/16		8/23/16				8/30/16				Workout Progression									
	TEAM	LAST/FIRST	1	2	3	4	AVG	SK EQUIV	1	2	3	4	AVG	SK EQUIV	AVG 1	AVG 2	AVG 3					
Boys	Cantlay, Paul	05:33	05:24	05:17		05:25	16:50			05:28	05:24	05:26	05:20	05:25	16:50	05:25	05:25					
Boys	Crandall, Jackson	05:25	05:23	05:35		05:28	16:59			05:28	05:25	05:26	05:45	05:31	17:10	05:28	05:31					
Boys	Rayner, Justin	05:34	05:35	05:46		05:38	17:33			05:29	05:26	05:33	05:45	05:33	17:17	05:38	05:33					
Boys	Jansen, Samuel	05:39	05:55	05:59		05:51	18:12			05:32	05:38	05:54	05:53	05:44	17:51	05:51	05:44					
Boys	Volpe, Peter	05:59	05:55	05:59		05:58	18:33			05:51	05:47	05:57		05:52	18:14	05:58	05:52					
Boys	Foley, Kyle	05:59	05:55	06:00		05:58	18:34			05:52	05:47	05:57		05:52	18:15	05:58	05:52					
Boys	Taber, Duncan	06:02	06:00	06:21		06:08	19:04			05:57	05:48	05:56		05:54	18:20	06:08	05:54					
Boys	Grady, Michael	06:19	06:20	06:10		06:16	19:31	05:52	05:46				05:49	18:06	05:54	18:22	06:16	05:49	05:54			
Boys	Weber, Rem	06:15	06:16	06:12		06:14	19:25			06:02	06:00	05:57		06:00	18:39	06:14	06:00					
Boys	Freese, Jacob	05:59	05:59	18:33		10:10	31:39			06:04	06:24			06:14	19:24	10:10	06:14					
Boys	Brown, Daniel	06:14	06:13	06:13		06:13	19:21			06:02	06:13	06:28		06:14	19:25	06:13	06:14					
Boys	Wahl, Anthony	06:14	06:25	06:19		06:19	19:40			06:05	06:21	06:28		06:18	19:36	06:19	06:18					
Boys	Shall, Elijah	08:40	09:16	09:20		09:05	28:17	07:30					07:30	23:20	06:20	06:17	06:19	06:19	07:30	06:19		
Boys	Partain, Alexander	06:37	06:36	06:10		06:28	20:06			06:35	06:25	06:12		06:24	19:55	06:28	06:24					
Boys	Stinson, Tyler	06:30	06:35	06:36		06:34	20:25	05:56	06:34				06:15	19:27	06:27	06:24	06:22	06:24	19:56	06:34	06:15	06:24
Boys	Dustin, Jack	06:30	06:35	06:33		06:33	20:22	06:09	06:35	06:22	19:48	06:30	06:24	06:20	06:25	19:57	06:33	06:22	06:25			
Boys	Haskett, Aidan	06:28	06:52	06:48		06:43	20:53	06:09	06:09	06:09	19:08	06:34	06:31	06:16	06:27	20:04	06:43	06:09	06:27			
Boys	Schlaker, Kevin	06:55	06:58	06:54		06:56	21:33	07:12	06:50	07:01	21:50	06:36	06:32	06:17	06:28	20:08	06:56	07:01	06:28			
Boys	Feeney, Tyler	07:12	06:52	06:56		07:00	21:47	06:20	06:16	06:18	19:36	06:46	06:24	06:25	06:32	20:19	07:00	06:18	06:32			
Boys	Moyse, Charlie	06:31	06:53	06:31		06:38	20:39			06:34	06:38	06:29		06:36	20:31	06:38	06:36					
Boys	Wirbel, Thomas	06:36	06:43	07:18		06:52	21:23			06:34	06:40	06:54		06:43	20:53	06:52	06:43					
Boys	Brunson, Andrew									06:56	06:58	06:32		06:49	21:11		06:49					
Boys	Galloway, Hunter	07:14	07:16	07:18		07:16	22:36	06:21	06:40	06:30	20:15	06:50	07:12	06:54	06:44	06:55	21:31	07:16	06:30	06:55		
Boys	Bello, Vincent	06:51	06:39	06:50		06:47	21:05	06:19	06:18	06:18	19:38	07:08	07:05	06:34	06:56	21:33	06:47	06:18	06:56			
Boys	Spear, Zach	06:41	06:52	06:58		06:50	21:17			06:56	07:08	06:55		07:00	21:46	06:50	07:00					
Boys	Cervelloni, Benjamin	07:36	08:00	08:06		07:54	24:35			07:08	07:07	06:51		07:02	21:53	07:54	07:02					
Boys	Campbell, John	07:15	07:35	07:11		07:20	22:50	06:53	06:45	06:49	21:12	06:51	07:16	07:05	07:04	21:59	07:20	06:49	07:04			
Boys	Blair, Nolan	06:45	06:58	09:27		07:43	24:01	05:57	06:29	06:13	19:20	07:00	07:16	06:58	07:05	22:01	07:43	06:13	07:05			
Boys	Wise, Michael	08:30	06:58	07:07		07:32	23:25			07:00	06:57	07:20		07:06	22:04	07:32	07:06					
Boys	Witalec, Matthew	07:04	07:52	07:04		07:20	22:49			07:13	07:07	06:57		07:06	22:04	07:20	07:06					
Boys	Potter, Owen	06:45	06:58	09:27		07:43	24:01	05:57	06:27	06:12	19:17	06:58	07:14	07:06	22:05	07:43	06:12	07:06				
Boys	Lordan, Sean	07:04	07:16	07:44		07:21	22:53	07:17	07:28	07:22	22:57	07:08		07:08	22:12	07:21	07:22	07:08				
Boys	White, Tucker	07:10	07:17	07:05		07:11	22:20	06:20	07:04	06:42	20:51	07:28	07:12	07:24	07:21	22:53	07:11	06:42	07:21			
Boys	Daugherty, Drew	07:04	07:16	07:31		07:17	22:40	06:58	06:52	06:55	21:31	07:32	07:34	07:26	07:31	23:22	07:17	06:55	07:31			
Boys	Kukla, John	07:05	07:51	07:40		07:32	23:26			07:33	08:02	07:03		07:33	23:28	07:32	07:33					
Boys	Gordos, Paul	08:29	08:14	07:26		08:03	25:03	07:04	06:57	07:00	21:48	08:03	07:28	07:11	07:34	23:32	08:03	07:00	07:34			
Boys	Broz, Parker							07:08	07:05	07:07	22:07	08:02	07:38	07:07	07:36	23:38		07:07	07:36			
Boys	Denton, Brandon							06:58	06:52	06:55	21:31	07:34	08:01	07:24	07:40	23:50		06:55	07:40			
Boys	Thompson, Zachary	08:24	08:05	08:17		08:15	25:41	07:01	07:18	07:10	22:16	07:33	07:57	07:34	07:41	23:55	08:15	07:10	07:41			
Boys	Wood, James							06:59	06:21	06:40	20:44	08:20	07:35	07:36	07:50	24:23		06:40	07:50			
Boys	King, Joseph	07:35	08:17	08:21		08:04	25:07			07:50	08:01	08:10		08:00	24:54	08:04	08:00					
Boys	Norton, Andy	08:25	08:05	08:17		08:16	25:42	07:10	07:20	07:15	22:33	08:02	07:46	09:50	08:33	26:35	08:16	07:15	08:33			
Boys	King, Michael	10:15	09:47	10:01		10:01	31:10	09:38		09:38	29:58	09:14	08:42	09:50	09:15	28:48	10:01	09:38	09:15			
Boys	Collins, Andrew							07:54	08:20	08:07	25:15	09:10	09:26	09:45	09:27	29:24		08:07	09:27			
Boys	Singer, Rand	12:00	14:04	13:02		13:02	40:33	10:47		10:47	33:33	12:12	12:20		12:16	38:10	13:02	10:47	12:16			
Boys	Brady, Joshua	07:58	09:02	08:50		08:37	26:47	07:40		07:40	23:51						08:37	07:40				
Boys	Carroll, Patrick																					
Boys	Cox, Matthew																					
Boys	Kukla, Charles	07:35	08:16	08:12		08:01	24:56	07:03	07:03	07:03	21:56						08:01	07:03				
Boys	Sadowski, Marshall																					
Boys	Sampsel, Reed																					
Girls	Zimmer, Annie	06:37	06:24	06:22		06:28	20:06			05:43	05:42	05:50	05:29	05:41	17:41	06:28	05:41					
Girls	Coffey, Catherine	06:08	06:06	05:53		06:02	18:47			05:59	05:56	05:59		05:58	18:34	06:02	05:58					
Girls	Lowe, Hailey	06:37	06:24	06:22		06:28	20:06			06:06	06:09	06:07	06:09	06:08	19:04	06:28	06:08					
Girls	Lechman, Katarina	06:10	06:02	06:29		06:14	19:23			06:06	06:09	06:10		06:08	19:06	06:14	06:08					
Girls	Owen, Emily	06:11	06:03	06:20		06:11	19:15			06:10	06:15	06:10	06:32	06:17	19:32	06:11	06:17					
Girls	Clark, Hannah	06:37	06:21	06:20		06:26	20:01			06:26	06:16	06:12		06:18	19:36	06:26	06:18					
Girls	Zaluski, Hannah	06:59	06:42	06:39		06:47	21:05			06:26	06:16	06:12		06:18	19:36	06:47	06:18					
Girls	Lurch, Mackenzie									06:47	06:50	06:42		06:46	21:04		06:46					
Girls	Flynt, Kate	07:03	06:50	06:46		06:53	21:25			07:00	06:55	07:11		07:02	21:53	06:53	07:02					
Girls	Lordan, Claire	07:33	08:05	07:30		07:43	23:59	06:22	06:35	06:28	20:09	06:57	07:15	07:27	07:13	22:27	07:43	06:28	07:13			
Girls	Muckie, Emily	07:15	07:20	07:23		07:19	22:47			07:12	07:20			07:16	22:36	07:19	07:16					
Girls	McClintock, Halle									07:30				07:30	23:20		07:30					
Girls	Patton, Abigail	07:37	07:47	08:06		07:50	24:22			07:39	07:44	07:23		07:35	23:37	07:50	07:35					
Girls	Agan, Rebekah	07:36	08:00	07:36		07:44	24:04	07:17	08:06	07:41	23:56	07:34	08:00	07:22	07:39	23:47	07:44	07:41	07:39			
Girls	Razavi, Mia							07:10	07:23	07:16	23:38	08:21	07:21	07:33	07:45	24:07		07:16	07:45			
Girls	Lee, Grace	08:00	08:10	08:30		08:13	25:35	07:20	08:20	07:50	24:22	07:40	07:53	08:02	07:52	24:27	08:13	07:50	07:52			
Girls	McCuaig, Katie							07:40	07:34	07:37	23:42	08:02	07:47	08:02	07:57	24:44		07:37	07:57			
Girls	Galicki, Elizabeth	07:45	07:50	08:00		07:52	24:27	08:01	08:05	08:03	25:03	07:50	08:08	07:55	07:58	24:46	07:52	08:03	07:58			
Girls	Sevich, Anna	08:15	08:17	08:05		08:12	25:32			07:58				07:58	24:47	08:12	07:58					
Girls	Workum, Julia	08:40	09:02	09:20		09:01	28:02			07:58	08:11	07:53		08:01	24:55	09:01	08:01					
Girls	Stapulionis, Madeline	07:35	07:52	08:06		07:51	24:25	07:25	07:26	07:25	23:06	08:23	08:00	07:41	08:01	24:57	07:51	07:25	08:01			
Girls	Andresen, Olivia	08:00	08:09			08:04	25:07	07:40	07:34	07:37	23:42	08:21	08:00	07:50	08:04	25:05	08:04	07:37	08:04			
Girls	Turoczi, Eneh							07:48	07:45	07:47	24:11	08:2										