

Workout		1600m				8/15				8/30				8/23				9/13							
TEAM	LAST/FIRST	1	2	3	AVG	5K EQUIV	1	2	3	4	AVG	5K EQUIV	Improve vs Last	1	2	AVG	5K EQUIV	Improve vs Last	1	2	3	4	AVG	5K EQUIV	Improve vs Last
Boys	Bello, Vincent	06:51	06:39	06:50	06:47	21:05	07:08	07:05	06:34		06:56	21:33		06:19	06:18	06:18	19:38	Y	06:36	06:31	06:31		06:33	19:38	
Boys	Blair, Nolan	06:45	06:58	09:27	07:43	24:01	07:00	07:16	06:58		07:05	22:01	Y	05:57	06:29	06:13	19:20	Y	06:51	07:39	07:39		07:23	19:20	
Boys	Brady, Joshua	07:58	09:02	08:50	08:37	26:47								07:40		07:40	23:51		11:00				11:00	23:51	
Boys	Brown, Daniel	06:14	06:13	06:13	06:13	19:21	06:02	06:13	06:28		06:14	19:25							06:01	06:32	06:32		06:22		
Boys	Broz, Parker						08:02	07:38	07:07		07:36	23:38		07:08	07:05	07:07	22:07	Y	08:00	07:51	07:51		07:54	22:07	
Boys	Brunson, Andrew						06:56	06:58	06:32		06:49	21:11							06:27	06:26	06:26		06:26		
Boys	Campbell, John	07:15	07:35	07:11	07:20	22:50	06:51	07:16	07:05		07:04	21:59	Y	06:53	06:45	06:49	21:12	Y	06:39	07:23	07:23		07:08	21:12	
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	Y						05:39	05:42	05:42		05:41		
Boys	Carroll, Patrick																								
Boys	Cervelloni, Benjamin	07:36	08:00	08:06	07:54	24:35	07:08	07:07	06:51		07:02	21:53	Y						06:48	06:26	06:26		06:33		
Boys	Collins, Andrew						09:10	09:26	09:45		09:27	29:24		07:54	08:20	08:07	25:15	Y	08:14	09:26	09:26		09:02	25:15	
Boys	Cox, Matthew																								
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							05:39	05:30	05:30		05:33		
Boys	Daugherty, Drew	07:04	07:16	07:31	07:17	22:40	07:32	07:34	07:26		07:31	23:22		06:58	06:52	06:55	21:31	Y	07:04	07:20	07:20		07:15	21:31	
Boys	Denton, Brandon						07:34	08:01	07:24		07:40	23:50		06:58	06:52	06:55	21:31	Y	07:01	07:20	07:20		07:14	21:31	
Boys	Dustin, Jack	06:30	06:35	06:33	06:33	20:22	06:30	06:24	06:20		06:25	19:57	Y	06:09	06:35	06:22	19:48	Y	06:23	06:35	06:35		06:31	19:48	
Boys	Feeney, Tyler	07:12	06:52	06:56	07:00	21:47	06:46	06:24	06:25		06:32	20:19	Y	06:20	06:16	06:18	19:36	Y	06:14	06:32	06:32		06:26	19:36	
Boys	Foley, Kyle	05:59	05:55	06:00	05:58	18:34	05:52	05:47	05:57		05:52	18:15	Y						05:51	06:01	06:01		05:58		
Boys	Freese, Jacob	05:59	05:59	18:33	10:10	31:39	06:04	06:24			06:14	19:24	Y						06:04				06:04		
Boys	Galloway, Hunter	07:14	07:16	07:18	07:16	22:36	06:50	07:12	06:54	06:44	06:55	21:31	Y	06:21	06:40	06:30	20:15	Y	06:45	07:32	07:32		07:16	20:15	
Boys	Gordos, Paul	08:29	08:14	07:26	08:03	25:03	08:03	07:28	07:11		07:34	23:32	Y	07:04	06:57	07:00	21:48	Y						21:48	
Boys	Grady, Michael	06:19	06:20	06:10	06:16	19:31	05:53	05:47	06:03		05:54	18:22	Y	05:52	05:46	05:49	18:06	Y	05:51	06:08	06:08		06:02	18:06	
Boys	Haskett, Aidan	06:28	06:52	06:48	06:43	20:53	06:34	06:31	06:16		06:27	20:04	Y	06:09	06:09	06:09	19:08	Y	06:36	06:14	06:14		06:21	19:08	
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	Y						05:45	05:48	05:48	05:41	05:46		
Boys	King, Joseph	07:35	08:17	08:21	08:04	25:07	07:50	08:01	08:10		08:00	24:54	Y												
Boys	King, Michael	10:15	09:47	10:01	10:01	31:10	09:14	08:42	09:50		09:15	28:48	Y	09:38		09:38	29:58		08:57	09:22	09:22		09:14	29:58	Y
Boys	Kukla, Charles	07:35	08:16	08:12	08:01	24:56								07:03	07:03	07:03	21:56		06:57	07:15	07:15		07:09	21:56	
Boys	Kukla, John	07:05	07:51	07:40	07:32	23:26	07:33	08:02	07:03		07:33	23:28							07:15	07:30	07:30		07:25		
Boys	Lordan, Sean	07:04	07:16	07:44	07:21	22:53	07:08				07:08	22:12	Y	07:17	07:28	07:22	22:57							22:57	
Boys	Moyle, Charlie	06:31	06:53	06:31	06:38	20:39	06:40	06:38	06:29		06:36	20:31	Y						06:36	06:34	06:34		06:35		
Boys	Norton, Andy	08:25	08:05	08:17	08:16	25:42	08:02	07:46	09:50		08:33	26:35		07:10	07:20	07:15	22:33	Y						22:33	
Boys	Partain, Alexander	06:37	06:36	06:10	06:28	20:06	06:35	06:25	06:12		06:24	19:55	Y						06:32	06:13	06:13		06:19		
Boys	Potter, Owen	06:45	06:58	09:27	07:43	24:01	06:58	07:14			07:06	22:05	Y	05:57	06:27	06:12	19:17	Y	06:42	07:02	07:02		06:55	19:17	
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	Y						05:41	05:44	05:44		05:43		
Boys	Sadowski, Marshall																								
Boys	Sampsel, Reed																		06:14	06:03	06:03		06:07		
Boys	Schlaker, Kevin	06:55	06:58	06:54	06:56	21:33	06:36	06:32	06:17		06:28	20:08	Y	07:12	06:50	07:01	21:50							21:50	
Boys	Shall, Elijah	08:40	09:16	09:20	09:05	28:17	06:20	06:17	06:19		06:19	19:38	Y	07:30		07:30	23:20		08:46	10:10	10:10		09:42	23:20	
Boys	Singer, Rand	12:00	14:04	13:02	13:02	40:33	12:12	12:20			12:16	38:10	Y	10:47		10:47	33:33	Y	11:15	00:00			05:37	33:33	Y
Boys	Spear, Zach	06:41	06:52	06:58	06:50	21:17	06:56	07:08	06:55		07:00	21:46													
Boys	Stinson, Tyler	06:30	06:35	06:36	06:34	20:25	06:27	06:24	06:22		06:24	19:56	Y	05:56	06:34	06:15	19:27	Y	06:33	06:35	06:35		06:34	19:27	
Boys	Taber, Duncan	06:02	06:00	06:21	06:08	19:04	05:57	05:48	05:56		05:54	18:20	Y						05:50	06:00	06:10		06:03		
Boys	Thompson, Zachary	08:24	08:05	08:17	08:15	25:41	07:33	07:57	07:34		07:41	23:55	Y	07:01	07:18	07:10	22:16	Y	06:57	07:15	07:15		07:09	22:16	Y
Boys	Volpe, Peter	05:59	05:55	05:59	05:58	18:33	05:51	05:47	05:57		05:52	18:14	Y						06:33	06:35	06:35		06:34	19:27	
Boys	Wahl, Anthony	06:14	06:25	06:19	06:19	19:40	06:05	06:21	06:28		06:18	19:36	Y						05:50	06:10	06:10		06:03		
Boys	Weber, Rem	06:15	06:16	06:12	06:14	19:25	06:02	06:00	05:57		06:00	18:39	Y						06:01	06:15	06:15		06:10		
Boys	White, Tucker	07:10	07:17	07:05	07:11	22:20	07:28	07:12	07:24		07:21	22:53	Y	06:20	07:04	06:42	20:51	Y	06:48	07:15	07:15		07:06	20:51	
Boys	Wirbel, Thomas	06:36	06:43	07:18	06:52	21:23	06:34	06:40	06:54		06:43	20:53	Y						06:37	06:32	06:32		06:34		
Boys	Wise, Michael	08:30	06:58	07:07	07:32	23:25	07:00	06:57	07:20		07:06	22:04	Y						07:55	00:00			03:58		
Boys	Witalec, Matthew	07:04	07:52	07:04	07:20	22:49	07:13	07:07	06:57		07:06	22:04	Y						07:09	07:16	07:16		07:14		
Boys	Wood, James						08:20	07:35	07:36		07:50	24:23		06:59	06:21	06:40	20:44	Y						20:44	
Girls	Agan, Rebekah	07:36	08:00	07:36	07:44	24:04	07:34	08:00	07:22		07:39	23:47	Y	07:17	08:06	07:41	23:56		07:20	06:58	06:58		07:05	23:56	Y
Girls	Andresen, Olivia	08:00	08:09		08:04	25:07	08:21	08:00	07:50		08:24	25:05	Y	07:40	07:34	07:37	23:42	Y	07:09	07:42	07:42		07:31	23:42	Y
Girls	Baker, Katherine	07:50	08:06	08:16	08:04	25:06	07:57	07:47	08:32		08:05	25:10		07:30	07:32	07:31	23:23	Y	07:50	00:00			03:55	23:23	Y
Girls	Clark, Hannah	06:37	06:21	06:20	06:26	20:01	06:26	06:16	06:12		06:18	19:36	Y						06:12	06:15	06:15		06:14		
Girls	Coffey, Catherine	06:08	06:06	05:53	06:02	18:47	05:59	05:56	05:59		05:58	18:34	Y						06:04	06:00	06:00		06:01		
Girls	Davis, Maddy	08:15	08:15	09:09	08:33	26:36	08:24	09:06	08:35		08:42	27:03							08:00	08:10	08:10		08:07		
Girls	Flynt, Kate	07:03	06:50	06:46	06:53	21:25	07:00	06:55	07:11		07:02	21:53							06:48	07:15	07:15		07:06		
Girls	Galicki, Elizabeth	07:45	07:50	08:00	07:52	24:27	07:50	08:08	07:55		07:58	24:46		08:01	08:05										