

Workout		800m					8/11		9/21							Improve vs Last
TEAM	LAST/FIRST	1	2	3	4	5	AVG	5K EQUIV	1	2	3	4	5	AVG	5K EQUIV	
Boys	Bello, Vincent	3:09	3:15	3:09	3:03	2:58	3:07	20:16	2:54	2:53	2:54			2:54	18:51	Y
Boys	Blair, Nolan	2:58	3:26	3:34			3:19	21:38	2:55	3:03	3:33	3:37		3:17	21:23	Y
Boys	Brady, Joshua	3:45	3:59	3:27			3:44	24:16								
Boys	Brown, Daniel								2:51	2:49	2:50	2:56	3:36	3:00	19:35	
Boys	Broz, Parker	3:31	3:43	3:40	3:40		3:39	23:43	3:26	3:36	3:26	3:28		3:29	22:41	Y
Boys	Brunson, Andrew	3:13	3:09	3:25	3:06		3:13	20:58	3:00	3:08	3:08	3:06		3:06	20:08	Y
Boys	Campbell, John	3:27	3:40	3:34	3:40		3:35	23:22	3:18	3:08	3:09	3:05		3:10	20:37	Y
Boys	Cantlay, Paul	2:39	2:37	2:37	2:33	2:39	2:37	17:02	2:34	2:34	2:35	2:34	2:35	2:34	16:45	Y
Boys	Carroll, Patrick															
Boys	Cervelloni, Benjamin	4:01					4:01	26:09								
Boys	Collins, Andrew								3:20	3:47	3:56	3:58		3:45	24:27	
Boys	Cox, Matthew								3:25	3:33	3:36	3:34	3:10	3:28	22:32	
Boys	Crandall, Jackson	2:31	2:37	2:31	2:38	2:37	2:35	16:48								
Boys	Daugherty, Drew	3:21	3:22	3:21			3:21	21:51	3:11	3:14	3:14	3:13		3:13	20:57	Y
Boys	Denton, Brandon	3:21	3:25	3:21			3:22	21:58	3:11	3:09	3:05			3:08	20:26	Y
Boys	Dustin, Jack	2:56	3:00	3:02	3:02	3:05	3:01	19:39	2:55	2:58	2:55	3:05	3:04	2:59	19:28	Y
Boys	Feeney, Tyler	3:06	3:22	3:33	3:30		3:23	22:00	2:52	2:59	3:03	2:54	3:05	2:59	19:23	Y
Boys	Foley, Kyle	2:51	2:51	2:51	3:00	2:57	2:54	18:53	2:43	2:45	2:48	2:51	2:53	2:48	18:14	Y
Boys	Freese, Jacob								2:51	2:53	3:00	2:57		2:55	19:01	
Boys	Galloway, Hunter	3:11	3:09	3:25	3:27		3:18	21:29								
Boys	Gordos, Paul	3:27	3:58	3:57			3:47	24:40	3:20	3:15	3:18	3:09		3:16	21:13	Y
Boys	Grady, Michael	2:59	2:54	2:54	3:00	2:53	2:56	19:06	2:43	2:44	2:46	2:49	2:43	2:45	17:54	Y
Boys	Haskett, Aidan	3:00	3:00	3:03	3:04	2:50	2:59	19:28	2:54	2:50	2:58	2:44		2:52	18:37	Y
Boys	Jansen, Samuel	2:48	2:48	2:53	2:53	2:41	2:49	18:18	2:43	2:44	2:46	2:48	2:43	2:45	17:53	Y
Boys	King, Joseph								3:42	4:00	4:36	4:26		4:11	27:14	
Boys	King, Michael	3:50	4:29				4:10	27:05	3:21	3:36	2:35	3:23		3:14	21:02	Y
Boys	Kukla, Charles	3:30	3:38	3:40	3:45		3:38	23:41	3:10	3:10	3:25	3:35		3:20	21:42	Y
Boys	Kukla, John	3:11	3:29				3:20	21:42	3:11	3:14	3:28	3:23		3:19	21:36	Y
Boys	Lordan, Sean	3:20	3:39	3:29			3:29	22:43								
Boys	Moyle, Charlie	3:05	3:08	3:07	3:09	3:09	3:08	20:22	3:02	2:59	3:02	2:57		3:00	19:32	Y
Boys	Norton, Andy															
Boys	Partain, Alexander	3:07	3:10	3:12	3:10		3:10	20:36	2:54	2:58	2:58	2:55	3:05	2:58	19:19	Y
Boys	Potter, Owen	3:00	3:20	3:32			3:17	21:25	2:53	3:02	2:23	3:35		2:58	19:21	Y
Boys	Rayner, Justin	2:39	2:38	2:41	2:40	2:42	2:40	17:22	2:31	2:29	2:35			2:32	16:28	Y
Boys	Sadowski, Marshall								3:36	3:26	3:30	3:33		3:31	22:56	
Boys	Sampsel, Reed	3:07	3:08	3:15	3:11	3:05	3:09	20:32	2:54	2:51	2:50	2:44		2:50	18:25	Y
Boys	Schlaker, Kevin															
Boys	Shall, Elijah	3:46	3:42	4:09	3:46		3:51	25:03	3:36	3:26	3:30	3:38		3:33	23:04	Y
Boys	Singer, Rand								4:42	4:31	4:56			4:43	30:43	
Boys	Spear, Zach	3:15	3:12	3:33			3:20	21:42	3:07	3:01	3:05	3:03		3:04	19:58	Y
Boys	Stinson, Tyler	3:02	3:06	3:11	3:09		3:07	20:18	2:55	2:55	2:54	2:52		2:54	18:53	Y
Boys	Taber, Duncan								2:45	2:43	2:46	2:40	2:46	2:44	17:48	
Boys	Thompson, Zachary			3:18			3:18	21:29	3:10	2:58	2:59	3:05		3:03	19:52	Y
Boys	Volpe, Peter	2:56	2:54	2:46	2:53	2:45	2:51	18:32								
Boys	Wahl, Anthony	2:57	2:55	3:00	3:05		2:59	19:27								
Boys	Weber, Rem	2:57	2:55	2:59	3:00	2:53	2:57	19:11	2:51	2:49	2:50	2:50	2:47	2:49	18:23	Y
Boys	White, Tucker	3:28	3:26	3:23	3:16		3:23	22:03	3:14	3:02	3:04	3:08		3:07	20:18	Y
Boys	Wirbel, Thomas	3:00	3:08	3:09			3:06	20:09	2:56	2:56	2:58	2:54	3:00	2:57	19:11	Y
Boys	Wise, Michael	3:50					3:50	24:58	3:23	3:35	3:19			3:26	22:19	Y
Boys	Witalec, Matthew								3:19	3:14	3:17	3:08		3:15	21:07	
Boys	Wood, James	3:31	3:26	3:29	3:27		3:28	22:36	3:20	3:24	3:27	3:26		3:24	22:10	Y
Girls	Agan, Rebekah	3:33	3:29	3:44	3:19		3:31	22:56	2:18	2:21	3:20	3:10		2:47	18:09	Y
Girls	Andresen, Olivia	3:35					3:35	23:20	3:36	3:31				3:34	23:10	Y
Girls	Baker, Katherine															
Girls	Clark, Hannah	2:58	3:13	3:09	3:06		3:07	20:14	2:57	2:53	2:56	2:53		2:55	18:58	Y
Girls	Coffey, Catherine	2:55	2:55	2:47	2:53	2:45	2:51	18:33	2:51	2:50	2:52	2:50	2:46	2:50	18:26	Y
Girls	Davis, Maddy	3:45	3:55	3:50	3:50		3:50	24:58	3:40	3:47	3:45	3:40		3:43	24:12	Y
Girls	Flynt, Kate	3:22	3:18	3:22	3:33	3:18	3:23	21:59	3:15	3:10	3:15	3:18	3:15	3:15	21:07	Y
Girls	Galicki, Elizabeth	3:35	3:32	3:58	3:55		3:45	24:25	3:25	3:17	3:22			3:21	21:51	Y
Girls	Harrison, Alexia	3:45	3:43	3:45	3:55		3:47	24:38	3:30	3:37	3:40	3:37		3:36	23:27	Y
Girls	Henkaline, Addison															
Girls	Henkaline, Anna	3:13	3:10	3:12	3:18	3:16	3:14	21:02								
Girls	Kang, Chloe	4:23	4:21				4:22	28:26	4:19	4:15	4:06	3:57		4:09	27:03	Y
Girls	Kang, Madison	4:37	4:43	4:35			4:38	30:12	4:20	4:45	4:44	4:24		4:33	29:39	Y
Girls	Klug, Isabella	3:38	3:24	3:40	3:47		3:37	23:35	3:43	3:42	3:34	3:37	3:33	3:38	23:38	
Girls	Kovatch, Alexandria	4:20	4:06	4:20	3:50		4:09	27:01	3:56	3:55	4:03	4:15		4:02	26:17	Y
Girls	Lechman, Katarina	2:54	2:55	3:03	3:05	3:03	3:00	19:32	2:56	2:51	2:53	2:53	3:06	2:56	19:05	Y
Girls	Lee, Grace	3:40	3:35	3:46	3:50		3:43	24:10	3:36	3:35	3:30	3:37	3:35	3:35	23:17	Y
Girls	Lordan, Claire								3:20	3:35	3:25	3:35		3:29	22:39	
Girls	Lowe, Hailey								2:56	2:51	2:55	2:51	2:48	2:52	18:41	
Girls	Lurch, Mackenzie	3:20	3:23	3:25	3:33		3:25	22:17	3:15	3:08	3:09	3:08	3:09	3:10	20:36	Y
Girls	Magersupp, Mia								4:00	4:00	4:01	4:04		4:01	26:11	
Girls	Malik, Katherine								3:31					3:31	22:54	
Girls	Mandel, Anne	4:30					4:30	29:18	4:08	4:30	4:08			4:15	27:43	Y
Girls	Mandel, Elizabeth	4:30					4:30	29:18	4:08	4:04	4:00			4:04	26:29	Y
Girls	Marinelli, Grace	3:32	3:53	4:03	3:50		3:50	24:54								
Girls	McClintock, Halle															
Girls	McCuaig, Katie	3:45	3:38	3:40	3:47		3:42	24:09	3:30	3:33	3:38	3:35		3:34	23:13	Y
Girls	Mrofczak, Jenna	3:33	3:27	3:38	3:35		3:33	23:09	3:40	3:41	3:37	3:41		3:40	23:51	
Girls	Muckle, Emily								3:20	3:19	3:27	3:25	3:22	3:23	21:59	
Girls	Murray, Ella								3:19	3:23	3:24			3:22	21:55	
Girls	O'Malley, Kathryn	3:44	3:57	4:12	4:13		4:01	26:13	3:40	3:34	3:40	3:40		3:39	23:43	Y
Girls	Owen, Emily	2:58	2:54	3:00	3:01	2:58	2:58	19:20	2:52	2:51	2:53	2:52	2:56	2:53	18:45	Y
Girls	Patton, Abigail	3:29	3:36	3:40	3:49	3:28	3:36	23:29	3:25	3:33	3:36	3:34	3:24	3:30	22:50	Y
Girls	Razavi, Mia								3:21	3:03	3:09	3:18		3:13	20:55	
Girls	Salvati, Maddison	4:20	4:36	4:54			4:37	30:02	4:08	4:04	3:56	3:44		3:58	25:50	Y
Girls	Sanford, Katie															
Girls	Sevich, Anna	3:43	3:45	3:59	3:57		3:51	25:04	4:00	4:00	4:00	3:36	3:36	3:50	25:00	Y
Girls	Staley, Shannon	3:50					3:50	24:58								
Girls	Stapulonis, Madeline								3:43	3:37	3:25	3:11		3:29	22:41	
Girls	Subel, Lily	3:50	3:55	4:10	4:10		4:01	26:11	3:56	3:55	4:03	4:15		4:02	26:17	
Girls	Turoczi, Eneh								3:31	3:28	3:28	3:34		3:30	22:49	
Girls	Workum, Jacey	3:42	3:49	4:26	4:10		4:02	26:14	3:43	3:44	3:49	4:01		3:49	24:53	Y
Girls	Workum, Julia	4:20	4:21	4:22	4:20		4:21	28:18	3:41	3:39	3:38	3:34	</			