

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