# TRACK WORKOUTS DEC 2013

DAY SUN MON TUE WED THU FRI SAT SUN MON TUE	DATE DEC 0:	1 WE 2 WE 3 WO 4 1. D 5 2. PP 6 3. M 7 4. PP 8 5. TP	WEEKS 01 AND 02 WERE FOOTLOCKER PREPARATION MILEAGE WEEK 03 STARTED ON MONDAY 12/09/13 WORKOUTS FOR DECEMBER CONSIST OF THE FOLLOWING: 1. DISTANCE RUNS AT % EFFORTS BETWEEN 60-75% 2. PROGRESSION RUNS - GO FASTER AS RUN PROGRESSES 3. MIXES - DISTANCE RUNS AT MIMIMUM EFFORT + THRESHOLD PACE 4. PREDICTORS 5. TIME TRIALS AT DISTANCES BETWEEN 400M -1600M						
WED THU	DEC 11 DEC 12	CHE	VERHOUSE WILL BE VISTMAS AND NEW	ON WEDNESDAYS YEARS DAY WILL	AND SUNDAYS BE NO PRACTICE				
FRI SAT	DEC 13 DEC 14	MIL				THANCO WEEVI V AVEDAGE			
SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE	DEC 15 DEC 16 DEC 17 DEC 18 DEC 20 DEC 21 DEC 22 DEC 23 DEC 25 DEC 26 DEC 27 DEC 28 DEC 29 DEC 30 DEC 31		MILEAGE THRU WEEK 06 WILL BE RECORDED AS 10% LESS THAN CC WEEKLY AVERAGE						
			TRACK WEEK S	TART DATES					
WK01-0 WK07-0		WK02-00/00	WK03-12/09	WK04-12/16	WK05-12/23	WK06-12/30			
WK07-0		WK08-01/13	WK09-01/20	WK10-01/27	WK11-02/03	WK12-02/10			
WK19-(		WK14-02/24 WK20-04/07	WK15-03/03 WK21-04/14	WK16-03/10 WK22-04/21	WK17-03/17 WK23-04/28	WK18-03/24 WK24-05/05			
<u>PACE</u>		MAINT/OLTY	SUB-LT-TS	THRESHOLD-T	INTERVAL-I	DEDETERIOLED			
<b>EFFORT</b>	•	65%-80%	T+0.30-MP	85-88%	90-100%	REPETITION-R/F			
REST		N/A	N/A	V5-0.25/0.30	= TIME	100+% OR 800PR =3 X R TIME			
A	=	AEROBIC (Q =	5KPR/VDOT5K + 1.	00) ( $M = 5KPR/VDC$	OT5K + (1.45)				
BU/BD F	=	ROITDON/ROIT	D DOWN						
I		800M RACE PA							
L			CE-5K RACE PACE	M. E. CDE :-					
MP	=	MARATHON PA	25%) OF WEEKLY M	ШLEAGE TARGET (	PROGRESSIVE PAG	CE)			
S			TION PACE-MILE RA	ACE DACE					
ST	=	6-8X20-30 SECO	OND STRIDES-COMI	SORTARIVEACT D	PECOVEDY ASSET	Chen			
T/TS	=	LACTATE THR	ESHOLD PACE**MI	P-TS SUB-THRESHO	OLD (LTU30 MD)	シンピン			
R/J	=	REST INTERVA	LR = REST(WALK/S	STRETCH) J = JOG (	OR WALK/IOG				
TT	=	TIME TRIAL/AI	LOUT	,: :::00					

# TRACK WORKOUTS DIAM2014

```
DAY
         DATE
                WK
                        WORKOUT SCHEDULE
  WED
         JAN 01 06
                        OFF
 THU
         JAN 02
                        DISTANCE
 FRI
         JAN 03
                        DISTANCE
 SAT
         JAN 04
                        OFF
 SUN
         JAN 05
                        POWERHOUSE
 MON
         JAN 06 07
                        3(1000I/3.00R+800I/3.00R)
 TUE
         JAN 07
                        POWERHOUSE
 WED
         JAN 08
                        RECOVERY
 THU
         JAN 09
                        POWERHOUSE
 FRI
         JAN 10
                        8X400D-1/100WJ IN 1.00+8X200D-1/200J
 SAT
         JAN 11
                        OFF
 SUN
        JAN 12
                        POWERHOUSE
 MON
        JAN 13 08
                        1000 MIX
 TUE
        JAN 14
                       POWERHOUSE
 WED
        JAN 15
                       6X600D-1/200WJ IN 2.00
 THU
        JAN 16
                       POWERHOUSE
 FRI
        JAN 17
                       TRAVEL TO JIMMY CARNES
 SAT
        JAN 18
                       JIMMY CARNES INDOOR TRACK MEET @ U OF FLORIDA
 SUN
        JAN 19
                       POWERHOUSE
 MON
        JAN 20 09
                       G-7/B-9 MIDDLE 3 @ UP TEMPO
 TUE
                       G10/B12 X400/400J:S1-S+0.06 S2-S+0.04 S3-S+0.02 S4-S B:3-3-3-3 G: 2-2-2-4
        JAN 21
 WED
        JAN 22
                       POWERHOUSE
 THU
        JAN 23
                       7M 1ST 4 @ 75% LAST 2 @ T+0.10
 FRI
        JAN 24
                       G-7/B-9 2X1609I/1.30R
 SAT
        JAN 25
                       OFF
 SUN
        JAN 26
                       POWERHOUSE
 MON
        JAN 27 10
                       5 MILE T COURSE @ FASTER THAN MP
 TUE
        JAN 28
                       POWERHOUSE
 WED
        JAN 29
                       CANCELLED-SLEET/ICE
 THU
        JAN 30
                       POWERHOUSE
 FRI
        JAN 31
                       1600TT OR 4 X 1000@V3200/400J
                              TRACK WEEK START DATES
 WK01-00/00
               WK02-00/00
                              WK03-12/09
                                             WK04-12/16
                                                            WK05-12/23
                                                                            WK06-12/30
 WK07-01/06
               WK08-01/13
                              WK09-01/20
                                             WK10-01/27
                                                            WK11-02/03
                                                                            WK12-02/10
WK13-02/17
               WK14-02/24
                              WK15-03/03
                                             WK16-03/10
                                                            WK17-03/17
                                                                            WK18-03/24
WK19-03/31
               WK20-04/07
                              WK21-04/14
                                             WK22-04/21
                                                            WK23-04/28
                                                                            WK24-05/05
PACE
               MAINT/OLTY
                              SUB-LT-TS
                                             THRESHOLD-T
                                                            INTERVAL-I
                                                                           REPETITION-R/F
EFFORT
               65%-80%
                              T+0.30-MP
                                             85-88%
                                                            90-100%
                                                                           100+% OR 800PR
REST
               N/A
                              N/A
                                             V5-0.25/0.30
                                                            = TIME
                                                                           =3XRTIME
               AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD
       =
               BUILDUP/BUILD DOWN
F
               800M RACE PACE
I
               INTERVAL PACE-5K RACE PACE
       =
L
               LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP
               MARATHON PACE
S
               SPEED/REPETITION PACE-MILE RACE PACE
       =
SHWK
      =
               GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY
              6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
ST
              LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
T/TS
       =
R/J
       =
              REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT
              TIME TRIAL/ALL OUT
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#### TRACK WORKOUTS FEB 2014

DAV	DATE	11777	WODIZO				
<u>DAY</u> SAT	<u>DATE</u> FEB 01	<u>WK</u>		OUT SCHEDULE			
SUN	FEB 01	09	OFF POWER	TOTICE			
MON	FEB 03	10		1609I/1.30R			
TUE	FEB 04	10					
			POWER				
WED	FEB 05		10K-TT				
THU	FEB 06		POWER				
FRI	FEB 07			):T/2.00R+1/1.00.	R+T/2.00R+I/1.00R	R+T/5.00R+I/2.00F	R+I/2.00R+T
SAT	FEB 08		OFF				
SUN	FEB 09	1.1	POWER				
MON	FEB 10	11		OT/1.00R			
TUE	FEB 11		POWER				
WED	FEB 12			0@ 3200RP/400J			
THU	FEB 13		POWER		010 188 2311		
FRI	FEB 14			REDICTOR: 2(40	0/0.45R+800/1.30R-	+300/3.00R)*10TH	S 2 SET AVG * 1.067
SAT	FEB 15		OFF	TIOLIGE			
SUN	FEB 16	10	POWER				
MON	FEB 17	12	4 MILE				
TUE	FEB 18			HOUSEP			
WED	FEB 19				00R+1000I/2.00R+	400I	
THU	FEB 20		POWER				
FRI SAT	FEB 21 FEB 22		10M @	60-70%			
			OFF	HOHOE			
SUN	FEB 23	10	POWER		D 4000mm 0 ===		
MON	FEB 24	13			R+1000TT @ BIG	WOODS	
TUE	FEB 25		POWER				
WED	FEB 26				+4M @ I+1.00+2M	@I+0.30	
THU	FEB 27		POWER				
FRI	FEB 28		TURNO	VER & HANDOFF	S		
				TRACK WEEK S	START DATES		
WK01-	00/00	WK02-12	2/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-	01/13	WK08-0	1/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-	02/24	WK14-03	3/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-	04/07	WK20-04	4/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/12
					***************************************	111111111111111111111111111111111111111	W1124-03/12
<b>PACE</b>		MAINT/C	LTY	SUB-LT-TS	THRESHOLD-T	INTERVAL-I	REPETITION-R/F
EFFOR7	Ţ	65%-80%	_	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST		N/A		N/A	V5-0.25/0.30	= TIME	=3 X R TIME
					15 0.2510.50	- T IIVIII	-3ARTIME
٨		4 ED ODI	O (O #7				
A BU/BD	=				.00) ( $M = 5KPR/VD$	OT <i>5</i> K + (1.45)	
F	=	BUILDUI					
r I	=	800M RA					
L	=			-5K RACE PACE	ar n		
	=	LUNGRU	JN(20-25	%) OF WEEKLY N	MILEAGE TARGET (	PROGRESSIVE PA	CE)
MP S	=	MARATH					
	=			ON PACE-MILE R			
SHWK ST	=	GIKLS-6N	MBOYS.	-/M @ MAX AER	OBIC CAPACITY		
T/TS	==	0-8X20-3(	SECON	ID STRIDES-COM	FORTABLY FAST-H	RECOVERY AS NE	EDED
1/18 R/J	==	DECT N	E I HKES	SHOLD PACE**M	P-TS SUB-THRESH	OLD (T+0.30-MP)	
TT	=	KESI INI	EKVAL	K = REST(WALK)	/STRETCH) J = JOG (	OR WALK/JOG	
11	=	TIME TRI	AL/ALL	OUT			

#### TRACK WORKOUTS MAR 2014

```
DAY
       DATE
             WK
                     WORKOUT SCHEDULE
SAT
       MAR 01 13
                     BEAUFORT RELAYS
SUN
       MAR 02
                     POWERHOUSE
MON
       MAR 03 14
                     1600 PREDICTOR
TUE
                     POWERHOUSE
       MAR 04
WED
       MAR 05
                     BLUFFTON
THU
       MAR 06
                     POWERHOUSE
FRI
       MAR 07
                     SANDLAPPER
SAT
                     SAVANNAH STATE
       MAR 08
SUN
       MAR 09
                     POWERHOUSE
MON
       MAR 10 15
                     4 MILE TEMPO OR 400 "HOLD PACE" WO
TUE
       MAR 11
                     POWERHOUSE
WED
       MAR 12
                     BEAUFORT
THU
       MAR 13
                     POWERHOUSE
FRI
       MAR 14
                     2X800/4.30 TO R & R+1600/3.00+4X400S/1.30R+3.00R+4X200/1.00-1.15 TO R & R
SAT
       MAR 15
                     OFF
SUN
                     POWERHOUSE
       MAR 16
                     3 X 1609I/1.00R
MON
       MAR 17 16
TUE
       MAR 18
                     POWERHOUSE
WED
       MAR 19
                     BLUFFTON
THU
       MAR 20
                     POWERHOUSE
FRI
                     TURNOVER+HANDOFFS+STRIDES
       MAR 21
SAT
       MAR 22
                     MELLOW MUSHROOM
SUN
       MAR 23
                     POWERHOUSE
MON
       MAR 24 17
                     3X400S/200J IN 1.30+3X6800S/200J IN 2.00+4X200F/200J
TUE
       MAR 25
                     POWERHOUSE
WED
       MAR 26
                     BLUFFTON OR 200 AEROBIC WORKOUT
THU
       MAR 27
                     POWERHOUSE
FRI
       MAR 28
                     AM TURNOVER WORKOUT
SAT
       MAR 29
                     MARWIN KLINE INVITATIONAL
SUN
       MAR 30
                     POWERHOUSE
MON
       MAR 31 18
                     8X1000 (RUN/T-I-T-I-T-I-T) (REST/2-1-2-2-5-2-2 MINUTES)
                             TRACK WEEK START DATES
WK01-00/00
              WK02-12/09
                             WK03-12/16
                                           WK04-12/23
                                                          WK05-12/30
                                                                        WK06-01/06
WK07-01/13
              WK08-01/20
                             WK09-01/27
                                           WK10-02/03
                                                          WK11-02/10
                                                                        WK12-02/17
WK13-02/24
              WK14-03/03
                             WK15-03/10
                                           WK16-03/17
                                                          WK17-03/24
                                                                        WK18-03/31
WK19-04/07
              WK20-04/14
                             WK21-04/21
                                           WK22-04/28
                                                          WK23-05/05
                                                                        WK24-05/12
PACE
              MAINT/OLTY
                             SUB-LT-TS
                                                                        REPETITION-R/F
                                           THRESHOLD-T
                                                          INTERVAL-I
EFFORT
              65%-80%
                             T+0.30-MP
                                           85-88%
                                                          90-100%
                                                                         100+% OR 800PR
REST
              N/A
                             N/A
                                           V5-0.25/0.30
                                                          = TIME
                                                                        =3XRTIME
              AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
Α
BU/BD =
              BUILDUP/BUILD DOWN
F
       =
              800M RACE PACE
Ι
       =
              INTERVAL PACE-5K RACE PACE
              LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
L
MP
              MARATHON PACE
              SPEED/REPETITION PACE-MILE RACE PACE
S
       =
SHWK =
              GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY
              6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
ST
T/TS
       =
              LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J
              REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
       =
TT
              TIME TRIAL/ALL OUT
```

### TRACK WORKOUTS APR 2014

DAY	DATE	<u>WK</u>	WORK	OUT SCHEDULE						
TUE	APR 01	18	8M @ 7	8M @ 70%						
WED	APR 02		POWER	HOUSE						
THU	APR 03				15-G + 6-G/8-B X	300S/100 IN 1.00-	-B/1.15-G			
FRI	APR 04			COVERY-TURNOV	ER WORKOUT					
SAT	APR 05		BEAUF	ORT CLASSIC						
SUN	APR 06		POWER							
MON	APR 07	19	7/8 M @							
TUE	APR 08				-800/2.00R+600/1.	40R+2X400/1.00I	R+4X200/0.30R @ V3200			
WED	APR 09			HOUSE						
THU	APR 10				/1.00R+2X300F/1	.30R				
FRI	APR 11		5 M @	70%						
SAT	APR 12		OFF	TIOT ION						
SUN	APR 13	20	POWER							
MON	APR 14	20		AEROBIC	PTC .					
TUE WED	APR 15 APR 16		POWER	EROBIC WORKOU	JI					
THU	APR 10			HOOSE X 800V32/2.00R 4	1 000000					
FRI	APR 18			X 800 V 32/2.00R 2 VER-HANDOFFS	+.UKB3	~				
SAT	APR 19			Y MEET CANCELL	רוד					
SUN	APR 20		POWER		للالم					
MON	APR 21	2.1			RP+2 RP RP-2 DE	ECENDING PACE	(800/3200 RUNNERS)			
TUE	APR 22	~1			2M L1=I+1.30 L2=1		(800/3200 RONNERS)			
WED	APR 23				P@BATTERY CRE					
THU	APR 24		POWER		O Difficulty Card					
FRI	APR 25			ERY RUN						
SAT	APR 26		800M P	REDICTOR						
SUN	APR 27		POWER	HOUSE						
MON	APR 28	22	7 MILES	SAEROBIC						
TUE	APR 29		4X400F	7/5.00R OR 3X800	OS/5.00R+1X400S					
WED	APR 30		POWER	HOUSE						
				TRACK WEEK S	ΓART DATES					
WK01-0		WK02-1		WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06			
WK07-0		WK08-0		WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17			
WK13-0		WK14-0		WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31			
WK19-(	04/07	WK20-0	)4/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/12			
PACE		MAINT/0	OLTY	SUB-LT-TS	THRESHOLD-T	INTERVAL-I	REPETITION-R/F			
EFFORT	•	65%-80	7/0	T+0.30-MP	85-88%	90-100%	100+% OR 800PR			
REST		N/A		N/A	V5-0.25/0.30	= TIME	=3 X R TIME			
							-5AKTHVIL			
A	=	AEROBI	[C (Q = 5]	KPR/VDOT <i>5</i> K + 1.	00) ( $M = 5KPR/VDC$	OT <i>5</i> K + (1.45)				
BU/BD	=		P/BUILD							
F	=		ACE PAC							
I	=			-5K RACE PACE						
L	=				IILEAGE TARGET (	PROGRESSIVE PA	CE)			
MP	=		HON PAC							
S SHWK	=			ON PACE-MILE RA						
ST	=			-7M @ MAX AERO		DECOMPRESS : ~				
T/TS	=	J Δ (*T Δ T	U SECUN	STOLD BY GE**Y T	FORTABLY FAST-F	KECUVERY AS NE	EDED			
R/J	=	REST IN	TERVAL	P = DECLUMENT AND	P-TS SUB-THRESHO STRETCH) J = JOG (	OD WALKUOO				
TT	=	TIMETR	IAL/ALL	OLL VENTAMENT	21 VD1 CU) 1 = 100 (	OK WALK/JUG				
	-			001						

#### TRACK WORKOUTS MAY 2014

<u>DAY</u>	<u>Date</u> <u>wk</u>	WORKOUT SCHEDULE
THU	MAY 01 22	REGION VIII CHAMPIONSHIP @ BERKELEY HS
FRI	MAY 02	DISTANCE RUN
SAT	MAY 03	2(8X200F) S1 = 100WJ / S2=200WJ
SUN	MAY 04	POWERHOUSE
MON	MAY 05 23	3X1000T/1.00R+2X1000I/2.00R+1000V32/3.00R+2X400S/2.00R 2.00 RBS OR CANOVA
TUE	MAY 06	RECOVERY RUN
WED	MAY 07	3X400F/5.00R OR 2X800V32/5.00R+1X400S
THU	MAY 08	POWERHOUSE
FRI	MAY 09	TRAVEL
SAT	MAY 10	SC 3A STATE QUALIFIER
SUN	MAY 11	POWERHOUSE
MON	MAY 12 24	4X1000I/1.00R
TUE	MAY 13	1600M PREDICTOR 2(400/0.45R+800/1.30R+300/3.00R) AVG*1.067
WED	MAY 14	POWERHOUSE
THU	MAY 15	RECOVERY-TURNOVER
FRI	MAY 16	SC 3A STATE CHAMPIONSHIP
SAT	MAY 17	SC 3A STATE CHAMPIONSHIP

### TRACK WEEK START DATES

TY/77.0.4	00100##					
	00/00**	WK02-12/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-		WK08-01/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-	02/24	WK14-03/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-		WK20-04/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/12
** = PA	RT FOOTI	LOCKER MILEAGE	E / PART DEC BASE	EMILEAGE		1112 1 00/12
<u>PACE</u>		MAINT/QLTY	SUB-LT-TS	THRESHOLD-T	INTERVAL-I	REPETITION-R/F
EFFOR7		65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST		N/A	N/A	V5-0.25/0.30	= TIME	=3 X R TIME
A	=	AEROBIC ( $Q = 5$ )	KPR/VDOT <i>5</i> K + 1.0	00) (M = 5KPR/VD0	OT5K + (1.45)	
BU/BD	===	BUILDUP/BUILD	DOWN		()	
F	=	800M RACE PAC	Œ			
I	=	INTERVAL PACE	5K RACE PACE			
L	=	LONG RUN(20-25	6%) OF WEEKLY M	ILEAGE TARGET (	PROGRESSIVE PAC	<b>፲</b>
MP	=	MARATHON PAC	Œ	1.12.OD1 (	I ROOM DOIVE I A	رماد
S	=	SPEED/REPETITION	ON PACE-MILE RA	CE PACE		
SHWK	=		-7M @ MAX AERO			
ST	=				ECOVERY AS NEE	EDED
T/TS	=	LACTATETHRES	SHOLD PACE**ME	TS SUB-THRESHO	OLDATA OSO MON	עסעג
R/J	=	REST INTERVAL	R - RESTOWALKIS	TRETCH) J = JOG (		
TT		TIME TRIAL/ALL		11000	JR WALNJOU	
		THE THANK	001			

## EQUIPMENT CHECK LIST-08/20/14

	<u>HANDOUT</u>	<u>TURN IN</u>		<u>HANDOUT</u>	TURN IN
GIRLS-13	UNF W/U BAG	<u>UNF W/U BAG</u>	<u>BOYS</u>	UNF W/U BAG	UNF W/U BAG
ESTHER	19 07 X	X X X	JACK B	32 04 X	X X X
KYRA	15 09 X	X X X	SAM B	31 08 X	X X X
JOSIE	91 00 NA	X X X	NAHUEL	91 02 X	X X X
RACHEL	18 04 X	X X X	SAM C	91 00 X	X X X
ABBY	13 08 X	X X X •	PHILLIP	33 06 X	X X X
MALLORY	12 01 X	X X X	CISCO	35 10 X	X X X
CARLEY	10 99 X	X X X	KRIS	39 00 X	X X X
NICOLEM	92 00 NA	X X X	BEN	36 07 X	X X X
REBEKA	17 00 NA	X X X	ERIK	91 00 X	X X X
MIYAH	14 00 X	X X X	PALIN	91 00 NA	X X X
MOLLY	11 99 NA	X X X	PETER	91 00 NA	X X X
FRANKIE	16 99 X	X X X	WESLEY	91 00 NA	X X X
			THOMAS	92 00 NA	X X X
91 = 2009UA/SM	<u> </u>		GREGORY	91 00 NA	X X X
92 = 2009 UA/MI	)		RYAN	91 00 NA	X X X
			MAX	91 00 NA	X X X
			DAVID	38 09 X	X X X
			CHASE	92 00 NA	X X X
			WESTON	92 00 NA	X X X
			DANNY	38 09 X	X X X
			COLTON	91 00 NA	X X X
			ELADIO	37 01 X	X X X
	·····				
			W		
UNF = UNIFORM	[		2009 00		
W/U = WARMUP			2014 15	5 (14 PANTS)	···

<u>U/A UNIFORMS-2013</u>		U/AWARMUPS-2	<u> 2013</u>				
	GIRLS(90)	BOYS(89)	<u>GIRLS(90)</u>	BOYS(89)			
	10-SM	30-SM	01-	01-			
	11-SM	31-SM	02-	02-MD	2014 TRAVEL BA	G INVENTORY	
	12-SM	32-SM	03-	03-MD	15	5 2009-UA/GENER	IC
	13-SM	33-SM	04-	04-	5	5 2012UA	
	14-SM	34-SM	05-	05-	9	2014-UA GIRLS	
	15-SM	35-SM	06-	06-SM	26	TOTAL BAGS	
	16-SM	36-MD	07-	07-SM			
	17-SM	37-MD	08-	08-			
	18-MD	38-MD	09-	09-JACKET ONLY	Y		
	19-MD	39-MD	10-	10-NONE			
		<u>U/A UNIFORM</u>	<u>U/A W/U</u>		UNIFORM DESC	RIPTION	
	GIRLS T/B-2013	UTJ191W/591W	1239017/19		GIRLS-2009	BOYS-2009	
	BOYS T/B-2013	UTJ190/590	1238913/15		SOLID STRIPE	MESH STRIPE	TOP
					WHITE LINER	GREY LINER	BOTTOM
	LST-#788-\$14.75	5			MESH STRIPE	SOLID STRIPE	
	HSS-#4997-\$26.75	5 (LIGHT/NAVY B	LUE)		GIRLS-2013	BOYS2013	
	SWEAT PANT-#4	805P-\$16.75 (NAV	Y ONLY)		HORIZ. STRIPE	VERT. STRIPE	TOP
					NARROW	WIDE	BOTTOM

RUNNERS-18 52-CARLEY 52-MALLORY 51-ABBY				
52-CARLEY 52-MALLORY		Avg#	TIME · APM#	400 <sup>#</sup> 200 <sup>#</sup>
52-MALLORY	05	1188	43.35	DNE . KNEC
	DNR	<u>"</u>	DWR	1.254 0404
	03	1228	4558	1,248 0384
50-CIARA	05	1228	4350	1235 DNFXHIP
50-FRANKIE	DNR	_	DWR	1298 0.414
19-ESTHER	DUR	~	DMR	Dhb
48-REBEKA	05	1238	4350	
17-RACHEL	DUR	-	DWR	
14-KYRA	0\$	1498	c	
H-NORA	OS	1478		
88-NICOLE	୯୨	1478		of the control of the
38-CAROL ANN	DNR	-		•
MEGAN				1358 DNF
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	05 = OR	EGON		
				AVG
RUNNERS-21		Avg	TIME · APM#	400# 200 <sup>#</sup>
6-COLTON	8M=	recovery	44.45	1108 0328
66-CISCO	1677	4.49.0	DNR	<i>LM</i> S
62-ELADIO	168	4.35.4	DNF	1108 6348
62-SAM B	DNR	, ***	43.02	1138 0358
61-JACK B	DNR	-	DNR	DNR
50-NAHUEL	DNR	-	44.05	DWR
50-PHILLIP	05	7.08 <sup>8</sup>	41.35	1098 0348
59-VICTOR	DUR	-	DNF	1108 03018
59-NOA	40077	0.56.1	DNR	U.D
59-KRIS G	1677	5.11.0	DUR	1138 OZH 8x200
59-JASON	DNR		DUR	DNR NT8 0368
59-DAVID	1677	5.04	DWF	NL8 0368
59-BEN	DNF	-	DWE	1136 611
56-THOMAS	8M=R	ECMERY	DNF	11/18 03/18
6-GREGORY	DNR	7	47.10	DNR
54-CHASE	DNR		DNE	DNR
53-WESTON	& P:	629M-2.226	45.45	87EO 8011

8×4001-1/100WIN1.00/1.15(G) + 8×200\$/2005

	AV	6	TAR		AVG		S MAKE BIG THING TARGET	AVG
RUNNERS-18	1000	800	1K-T	1k·I		1k·I	600	4000
52-CARLEY	DWR		-		DNR		202	2046
52-MALLORY	DNR		-	7	DNR		204	2076
51-ABBY	354	द्रेभन	TOP	348	408	404	2.06	2106
50-CIARA	349	249	411	351	410	351	2.0G	2072
50-FRANKIE	DNR		<del></del>		DNR		DISTANCE.	
44-NORA	433	317	409	426	A253	4455	DNR	
44-MEGAN	422	310	-	-	DNR		226	2,2.76
44-KYRA	DNR		•	•			DNR	
38-NICOLE	DUR		•	~				
47-RACHEL	DUR		•	*				
38- <b>NICO DI</b>			•	•				
38-CAROL ANN	DMR		-	*			and the second s	
49-ESTHER	DNR		•	~				
48-REBEKA	DNR			•	•		<b>\</b>	
	· • • • • • • • • • • • • • • • • • • •				,			
	AV	<u> </u>	TAR	GET_		<u> </u>	TARGET	AVG
RUNNERS-21	1000	800	1k-T	1k-I	1K-T	IK-T	600	600#
66-COLTON	308	227	324	308	323	306	140	1413
66-CISCO	DNR		-		DIVE		DNR	•
62-ELADIO	JUE		326	310	323	307	[th]	1488
62-SAM B	DNF		332	315	327	313	150	1856
61-JACK B	DNR		-	-	DNR		DISTANCE	
60-NAHUEL	330	2362	340	323	350	323	120	150°
60-PHILLIP	3৩%	214	334	317	320	304	[ if if	1446
59-VICTOR	313	217	-	•	DNR		150	1506
59-KRIS G	DNR		343	325	334	324	154	5052
59-JASON	DNR		-	•	DNR		DNR	
59-DAVID	331	230	343	325	347	336	150	2006
<i>5</i> 9-BEN	322.	554,5		-	DNR		DNR	
56-THOMAS	325	235	350	331	337	334	156	1586
56-GREGORY	DUR		320	331	3563		DISTRUCE	
54-CHASE	333	238	356	337	352		DNR	
53-WESTON	331	234	356	337	350		157	1586
KRIS H	,							
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<del> </del>	.1					<del></del>		
	7							
	3 (10	700.E/ 1800	+ 8ms/2	100				
<del></del>	12010	TOOK 1	- 600313.00					

3 (1008I/3.00R + 8005/3.00R)

(8×1000) II/2.00R + I/1.00R + I/2.00R + I/2.00

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN	
SWEAT THE SMALL STOPP-TRAIN TOUR WEARNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIGTHINGS HAPPEN	N

	1600PR					TARGE.	<u>7</u>	<u>Ac</u>	JUAL.	TARGE	T ACTUAL
RUNNERS-18	4000	SI	<u>52 S</u>	3 5¹	٠	_าร %	T+			1609 T	Ų
52-CARLEY	ついれ					DNR			orași,	CON	6172
52-MALLORY		1342	1302 17	12/	25 <sup>4</sup>	702.1	644	424 <sup>14</sup>	MZ	DHR	474
51-ABBY		1302	130° 12	S, D	ત્રવ	702.1	644	DNF		700)	6542
50-CIARA		1342	1292 /2	9 <sup>2</sup> 12	64		650	658H		607	630 <sup>2</sup>
50-FRANKIE		13002	1302 13	9° 12	જુ	DNR		DWR		DHR	93
50-REBEKA	DNR										##
50-ESTHER	DNR										₩
48-RACHEL	DNB										279
44-NORA-MS	DNR									DWR	Bre
44-MEGAN-MS		1352	422 146	y 1115	32					716	7292
44-KYRA	DNR									DNR	
38-NICOLE	DWR									1	et .
38-CAROL ANN	DUR					4		•			•
	T										
RUNNERS-21		SL	<u> </u>	\$3 \$	214			***************************************			
66-COLTON		1123				547		SYTY	2405	503	\$ 282
66-CISCO	DHR	**	- V - V	4		DNR		741	~10	DNR	> 2 4 9
62-ELADIO		1153	1123	() (3	DIPS	\$52		225 <sub>f</sub>	530°2	50G	5031
62-SAM B	DWR			,,	•	DUR		e.		Dur Dur	202
61-JACK	DUR	•	~	v.	~	DWR		~		DNR	78
60-PHILLIP	01917	1123	้นร้	11031	1092	608	V	SUT	2325	DNR	•
60-NAHUEL			1143			DNR			202	525	2215
59-VICTOR			1123			DMR		**	, me	DNR	221
59-BEN		1173	1143 1	123	DUR	DNR		•••	•	SIH	5492
59-KRIS G			1203 1			694		6264	6172	530	221,
59-DAVID			•	"•	1153	624		6264	6402	530	6402
59-JASON	DNR	03P	•	*	•	DUR	***		.500	DWR	V 10
57-THOMAS		1513	1193	1163	DWR	638		6344	¢22,	SHH	6032
57-WESTON	DUR			110	. Pidir	654		esch	6172	\$56	<u> </u>
57-CHASE	DNR	~	•		•	DNR		~ (10	- 121	536 526	5462
	DWR	**	•	•	9	DWR	······	No.	-	DNR	*
56-GREGORY	<del></del>				÷,	DNR		».	~	DNR	allo:
56-GREGORY 44-KRIS H	DUR	108	•	110							

Mol	B: 4(3×400/4005) S1-S+0.06 S2-S+0.04 S3-S+0.02 S4-S* 1600RPG: 3(2×400/4005)+1(400/4005)
	7m - 13T4@75% LAST 2@ T+O.
wo 3	G-7/8-9 20 I/1.30R

DISTANCE PROGRAM-CC/TRACK WK 09 OF 24 (MON 01/27/14-SUN 02/02/14)

TARGET  MP 649 702 702 709 717 DWR	APM# **PR 6595 ** 7005 ** 7175 NT 4	TARGET  1000 - 400  341 - 128  344 - 129  345 - 129  348 - 131  352 - 132  419 - 143  419 - 143	ACTUAL  1KANG#F  3414  342° ADISTANCE  3474  3534  DIOR  DIOR  DIOR  U274  4304  DIOR  DIOR
649 702 702 709 717 DWR TARGET	6595 ** 7175 NT4	341 - 128 344 - 129 345 - 129 348 · 131 352 · 132 	3414 342° + DISTANCE. 3474 3564 3534 DIOR DIOR DIOR U274 4304 DIOR
702 702 709 717 DWR	7005 ** 7175 NT4	344 · 129 345 · 129 348 · 131 352 · 132 	342° + DISTANCE. 3474 3564 3534 DIOR DIOR DIOR U274 4304 DIOR
702 709 717 DWR TARGET	717 <sup>5</sup> NT <sup>4</sup>	345 · 129 348 · 131 352 · 132 	3474 3564 3534 DIOR DIOR DIOR U274 4304 DIOR
TO9 TIT DWR TARGET	717 <sup>5</sup> NT <sup>4</sup>	348·131 352·132 	3564 3534 DWR DWR DWR 4274 4304 DWR
TARGET	NT 4	352 · 132 	3534 DNOR DNOR DNOR U274 4304 DNOR
DWR		419.143	DWR DWR DWR 4274 4304 DWR
TARGET		419 · 143 419 · 143	DUR DUR 4274 4304 DUR
TARGET		419 · 143 419 · 143	DNR 4304 DNR
TARGET		419.143	4304 Dhr
TARGET		419.143	4304 Dhr
TARGET		<b>**</b>	DHR
TARGET			
TARGET			VNR
	A		
	A		
	4		
	d •		
	<u>ACTUAL</u>	TAR GET	LAUTSA
MP	APM# PR*	<u> 1000 · 400</u>	1kAVG#
<i>ξ</i> νδ	MA	305-115	259
540	DWR	• •	DNR
	Sud.	304.113	3093
	29.345	160077	513
	174	<b>(100</b>	DUR
		,es .ch	DWR
	55378 WB	<i>p</i> s ≪s	DUR
		LOOVE	458
			513
	(242		251
			511
	•	1800 . 1	DHR
	LICS KM	1/ more	524
	(375		529
	7,75		3484
*3 b			DNR
	DOK		DIAK
		×	
SMILE T	COURSE @ MP		
	W-17-0-1		
	540 549 554 554 514 514 514 619 619 636 643 643 643 643 643 643	549 DNR 554 29.345 554 NT4 552 3135 554 NT4 6285 619 DNR	549 DNR 304. 113 554 29.345 1600TT 554 NT4 514 DNR 514 DNR 514 C285 1600TT 614 6285 1600TT 619 DNR 1600TT 619 DNR 1600TT 636 DNR 643 6265 *** 1600TT 643 6375 1600TT 643 6375 1600TT 643 6375 1600TT

	TARGET	ACTUAL.	TAR	GET ACTUAL		TARGET		JAUT	IS HAPPEI
RUNNERS-12	IFO9I	ABVG#			au	TAT IKE	AVGT		$\longrightarrow +$
52-CARLEY		631 <sup>3</sup>	- N	· DNR	+	A	DNR	DNR	
52-MALLORY	_	DNR	1 40	DNR.	+	<b></b>	DNR	DNR	
51-ABBY		G433		43.59 6	=7	8PE 104 /	415\$	3544	
50-CIARA		644 <sup>3</sup>		45.00 7		411 370	HHH	3494	
50-FRANKIE		7043		48.29 71	<u>u</u> 0	415 355	112	4134	
50-REBEKA	#*************************************	DNR		DNR	*		71504		
50-ESTHER	_	2000		DNR	$\dashv$	and had	SUD	DNR	
48-RACHEL				DNB NNP	-		DINE	DHE	
44-NORA-MS	-			DNG	$\dashv$	454 431	DNR	DNR	
44-MEGAN-MS	comp.			7M-M7	,	127 421	4512		
44-KYRA	<i></i>			DHR	$\dashv$		DNS	DNR	
38-NICOLE	5.		4	DHR	$\dashv$	e4	<u>DNB</u>	DNR	
				NNV	-	en. 10°	DMB	DHR	
					_}				
	L				+		<del></del>		
	TARGET	ACTUAL	94.6°A	GET-ACTUAL	-			160	
RUNNERS-16	1609I	AVG #	TAK	DET-HCYDAL_	_	ARGET	- ACI	UAL	
66-COLTON				Po. 6 . 94	1	KT IK I	Avg	AVC#	
66-CISCO	<b>4</b> -	S172	<u> </u>	• DNR	<u> </u>	····	DNR	DNR	
	35 -	DNR		DWR		• •			
62-ELADIO		5153		35.14/54	0	**************************************			
52-SAM B		255,		DNB	1_	<b>*</b>			
51-PHILLIP		DNR		<u> phr</u>	<u> </u>	· •	4	7	
61-JACK		5342		37.00/558	<u>z \</u>		3293	3242	
50-VICTOR		536 <sup>4</sup>	_	DNR	$\perp$		3284	3134	
60-BEN		5453		41.25/640			358,	3194	
60-NAHUEL	i.	531,		37.48/602	•	67°4 670	DNR	DHR	
59-KRIS G		538 <sup>H</sup>		37.50/604		over que	DUR	DUR	1
9-DAVID		DMR		43,08/657		325 843	340 <sup>4</sup>	3294	
77-THOMAS		656}		4124 640		350331	350 <sup>4</sup>	3434	
7-WESTON		6093		40.37 [633		356 33]	3474	3354	
7-CHASE		6074		39.58 626		356 33?	3544	338A	
6-GREG-MS		6503		43.50/704		350 331	3513	3414	
4-KRIS H-MS		DUR		DINE	1	# #		,	
					1	\			
						1			/
									$\overline{}$
						<del></del>			
LOW	3/4 × 160	97/1.30	AP						
	2, 17, 100	1.3	<u> </u>	<del></del>					
W02	IOK - M			······································					
	, , , ,			· · · · · · · · · · · · · · · · · · ·					
W03	841000 .	7/3 7)	ا سرد صهت	/ <sub>n</sub> 1		depicie I	Security R		
	041000	T/2.00+ T/	1.00+1	1117 +00-7	<b>10</b> +	1/5,001	- <u>T/5.v</u>	0+I15.0	0+4
!									

# DISTANCE PROGRAM-CC/TRACK WK 11 OF 24 (MON 02/10/14-SUN 02/16/14)

RAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

RUNNERS-12				ET/ACTUAL	PROTECTION	
113211111111111111111111111111111111111	1609T	AVG#	800		1600M	
52-CARLEY	638	DNF-ZMAR	259	NA	536.4	
52-MALLORY	KOSMIN	· SAOM/233.7	259		DUR	
51-ABBY	KOSMIN	-659M/242.3	259		S40.5	
50-CIARA	644	<b>,</b> 6535	303		DNF*ACHILES	
50-FRANKIE	651	.704 <sup>5</sup>	307		550.4	
50-REBEKA	KOSMIN	.702m/230.2 X	303		PNR	
50-ESTHER	•	DNR	Charg		DNR	
48-RACHEL	•		ongo.		DNR	
44-NORA-MS	<b>149</b>		337		DNE	****
44-MEGAN-MS	in .		esco.		DUR	
44-KYRA	4				DNR	
38-NICOLE	44	<b>*</b>	· Graph	+	DNR	

	TARGET	ACTUAL	TARGET	ACTIVE PROJECTION
RUNNERS-16	16097	AVG#	<b>EW</b>	1600M
66-COLTON		DHR	225	NA 😕
66-CISCO	dan.		-	1
62-ELADIO			227	4,44.7
62-SAM B	ÇTÎN.	(	185	C346
61-PHILLIP	0	4	229	40
61-JACK	550	5\$2 <sup>5</sup>	239	<b>***</b>
60-VICTOR		DWR	2.39	4.41.8
60-BEN	540	SHIE	231	1504
60-NAHUEL	550	248 <sub>2</sub>	238	\tags
59-KRIS G	\$5.5	DNF-ZMAR	240	500.5
59-DAVID	~~~	DWR	540	506.1
57-THOMAS	615	6215	248	504.6
57-WESTON	625	DNE-INI	2.54	-
57-CHASE	CSS	6182	2.54	\$15.2
56-GREG-MS	612	DUFTUT	Spiloto	534,7
44-KRIS H-MS	. 1980an			7

 5x16097/1.00R
 GX800V3200 (400) XX DONE AT POWERHOUSE, NO TIMES KEPT XX
 1600 PREDICTOR: 2 (1×400/0.45R+1×800/1.30R+1×300/3.00R AVG 3 SETS · X1.0666. (1.067)
 AVG 2 SETS · X1.0666. (1:067)

	GRAM-CC/TRACK WK 12 OF 24 (MON 02/17/14-SUN 02/23/14)  ALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAK	E BIG THINGS HAPPEN
	ACTUAL TARGET ACTUAL (AVG)	ACTUAL
RUNNERS-12	TIME/APM 1609:1000:400 1609:1000:400	TIME AVG#
52-CARLEY	2628/04A 638.407.130 634A 32A, 113,	63.54,7598
52-MALLORY	DWR DWR	DNR
51-ABBY	DNR DNR	DUFXURI
50-CIARA	28,35/708 644.351-126 6544 354 129	63.54 -7.598
50-FRANKIE	28.51/712* 651.355 127 6514 407 1301	PNR
50-REBEKA	DNP DNR	DMR
50-ESTHER	DMS	DIAK
48-RACHEL	DNR " "	DIA
44-NORA-MS	DNS	DWG
44-MEGAN-MS	DML	474.0000
44-KYRA	DUR	DNR
38-NICOLE	32.43/8.10*	DNR
	ACTUAL TARGET	ACTUAL
RUNNERS-16	TIME/APM 1609.1000.400 1609.1000.400	TIME · AVE#
66-COLTON	DUR DWR	DWR
66-CISCO	DNR DNR	DNR
62-ELADIO	DNF 532 310 110 5284 314 105	S9.30 ·557 '
62-SAM B	DWR DWR	DMR
61-PHILLIP	22.38/539* 545 317 113 547 4 335 114'	62.30 615"
61-JACK	DNR 550 320 114 5504 320' 114'	62.52 617"
60-VICTOR	DNR 554.323 115 5524 317 111	62.00 61210
60-BEN	PUR DUR	DNR
60-NAHUEL	DUR DUR	DNR
<i>5</i> 9-KRIS G	24.28/607 559 325 115554 337 16	62.50 . 61710
<i>5</i> 9-DAVID	DNB DNB	68.40 652"
57-THOMAS	25.08/617 * 615.334.1206224 341 105	72.18 - 713 40
57-WESTON	DWF DWR	DENIE THEY
57-CHASE	DUE DUR	DNR
56-GREG-MS	DNE 6414 352, 118,	56.00 . 7008
44-KRIS H-MS	DWR DWR	DUR
NOT	4M-TEMPO	
W0 2	3218T /3.00R + 3218T/5.00R +1000I/2.00R +400B	
1100		
WOS	OMILES - AEROBIC	
***		

	TGT	Ae	7		GT		A	T.	INGS MAKE BIG THINGS H	
RUNNERS-12	1000T-0.06	AVG	Jala	Li	ΓΣ	13	AVGT	AVST	AVGT	<u> </u>
52-CARLEY	401	DNF*	KNEC	737	707	637	7371	7044	6482	
52-MALLORY	•	DIVR	-	•		-001	DNR	101	<b>610</b>	
51-ABBY	<b>100</b>	DIR		~			DNR			
50-CIARA	405	H122	406	742	712	647	742	7144	7102	
50-FRANKIE	909		410		718		748'	7384		
50-REBEKA	+	DUR		-	-	-	DUR	100		
50-ESTHER	<u>,-</u>			-	-		2010			
48-RACHEL	**			-	-					
44-NORA-MS	200				~		4			
44-MEGAN-MS	~	1		_	-		40	TN		
44-KYRA	-					-	DNR	141		
38-NICOLE	-	4		<b>-</b>			DUR			
****										
	TGT		<u></u>		· <del>1-</del>		^	07		
RUNNERS-17	10007-0.06	AVGT	<u>, 41</u>	<u></u>	75 51		Avg	/\/\/	AV6#	
66-COLTON	~		- 5 5	<u></u>	<u> </u>	<u></u> 2	DNIS	HM2.	AVA	
66-CISCO	-	DNR	···				1/1/1/	<u> </u>		
62-ELADIO		DNEXT	<u> </u>							
52-BLADIO 52-SAM B		DUR	CHILIES.				<del></del>			
62-SEAMUS		DNR					-1	<del> </del>		
61-PHILLIP				644	Chi	544	(101	(0.4	~^ ?	
61-PHILLIP 61-JACK	331	5315	320				6441		530 <sup>2</sup>	
51-JACK 50-VICTOR	160	DNR	340	622		222	DNR			
50-VICTOR 50-BEN	-	Dur			612	222	DHR	tHSX:	7	
50-BEN 50-NAHUEL	<del></del>			•					<u> </u>	
59-KRIS G	337	3395	320	700	(2M	600	DNR	1 ( 164	6002	
59-DAVID	337	3425	330	700		600		ANKL OIG.		
		DNR	250		(TII)	(111				
57-THOMAS	<del> </del>			714	Ø77	614		** URI	•	
57-WESTON	750	DNK	2117	720	151		DNR	(r.H	(002	
57-CHASE	355	358 <sup>5</sup>	346	70.	656	646	126	656	625	
56-GREG-MS	*****	DME		126	656	<i>6</i> 20	2 77.6	656	623 <sup>2</sup>	

## DISTANCE PROGRAM-CC/TRACK WK 14 OF 24 (MON 03/03/14-SUN 03/09/14)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPI	EN

2-MALLORY 1-ABBY 0-CIARA 0-FRANKIE 0-REBEKA 0-ESTHER 8-RACHEL 4-NORA-MS 4-MEGAN-MS	Avg 530.9 546.1 543.1 556.2	77 or Broans# 2585 2554 3045 3045				- さMAR	
51-ABBY 50-CIARA 50-FRANKIE 50-REBEKA 50-ESTHER 18-RACHEL 14-NORA-MS 14-MEGAN-MS	546.1 543.1	3045 2554 3045			5M*	·士MAR	
50-CIARA 50-FRANKIE 50-REBEKA 50-ESTHER 48-RACHEL 44-NORA-MS 44-MEGAN-MS	543.1	3045 303 <sup>3</sup>			5M*	+ MAR	- 10 / 00
50-REBEKA 50-ESTHER 48-RACHEL 44-NORA-MS 44-MEGAN-MS	543.1	3045 303 <sup>3</sup>					:
50-FRANKIE 50-REBEKA 50-ESTHER 48-RACHEL 44-NORA-MS 44-MEGAN-MS		363 g			4	p.	
48-RACHEL 44-NORA-MS 44-MEGAN-MS		363 g			5174		
50-ESTHER 48-RACHEL 44-NORA-MS 44-MEGAN-MS	556.2				5mx		
50-ESTHER 48-RACHEL 44-NORA-MS 44-MEGAN-MS 44-KYRA		3004			SMC	SOCCER)	
44-NORA-MS 44-MEGAN-MS	-	90			400		
44-MEGAN-MS	541.5 ISET	258 <sup>tq</sup>			5MX	n	
	-	~			•		
44_KYRA	•				<b>~</b>		
1111101	**	48		-	9.		
38-NICOLE	with.	equ			***		
				37	AC	T	
RUNNERS-17	AVG	TT OR SODAYGH	AVG	AVG	AVC#	ALL	
66-COLTON	433.3	5586	324	034	3094	G30 <sup>8</sup>	>Rest
66-CISCO	400	***			<b>**</b>		
62-ELADIO	446.9	5586	326	635	3132	G32 <sup>4</sup>	*ACHILLES
62-SAM B	DNF	77502.5		······································	•	- grana	
62-SEAMUS					9236		
61-PHILLIP	439.2	2.56%	329	035	3123	0318	
61-JACK	543c(mos)	77511.0			**		
60-VICTOR	442.5	TT457.1			4pr		
60-BEN	3.712	TT 445.4 **	329	035	350°	0354	* CALF
60-NAHUEL	454.5	77506,5			ang.		
59-KRIS G	459.9	**8.52.471	*****		₩		
59-DAVID	509.5				todo .		
57-THOMAS	500.2	· •		·		<del></del>	• —— •——
57-WESTON	<b>San</b>	*			atr.		~
57-CHASE	514.2	rt521,8			, <u>, , , , , , , , , , , , , , , , , , </u>		
56-GREG-MS	*	-			-lav		
WU1_	1600 PREDICTOR						
		55/B6 × 800V32	12002	**			
		R+4x200\$/2007	)				

	TGT	N YOUR WEAKNESS ACT	MES		TG		AC		4.001111
RUNNERS-12	PR	TIME · APM T	1600 0	\$00	1000	400	1kH	+wp.	700M
	26.25	27,32.6534	w 5556		407	122	3563	1164	30,09
2-CARLEY	26.72				701	144	BNR 330	-	20.10.1
52-MALLORY	>=	DUR	W556 -		407	125		1234	-
SI-ABBY		DWR DWR	228 M288	246	411	126	DNFX		
O-CIARA	28,35	2732-653 4*			~	120	DWR	Lui.	****
O-FRANKIE	~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~		600	<u> 253</u> -		*			
O-REBEKA	-	DNR					DNR		
0-ESTHER	-	DNR DNF			415	127	DNB		
8-RACHEL	-			·			DNS		
4-NORA-MS		<u>ONR</u>				~	DNS	1384	
4-MEGAN-MS		DIVR	~		****		CuA	130	
4-KYRA		DDR DDR					DNR		
8-NICOLE		DNR	····				DNR		
	767	TOA		<u>T-</u>	TG	<u> </u>	AC		
RUNNERS-17	PR	TIME . APMT			10001	400	114 tt	400#	200M
6-COLTON	- 400				324	109	3073	65 <sup>4</sup>	27.04
6-CISCO		DNR	_			-	DNR		
2-ELADIO		DUR	446 S	4646				724	
2-SAM B	23.12	23.36,5544	<b>১</b> 62	252		Ì		734	
2-SEAMUS		DNR	~	_	•		DNR		
1-PHILLIP	22.15	2245 = 5414	446 52	1444	· · · · · · · · · · · · · · · · · · ·	1	3	694	
1-JACK	22 33	2320 . \$504	5०४	225				734	
0-VICTOR	~	DNR		~			$\widetilde{\mathcal{B}}$	724	
0-BEN		DINF "SHIN	519-520	<b>306</b>			DNR		7
0-NAHUEL	_	DWR	504	525	•			724	
9-KRIS G	2427	2514 = 6184	504	222			T-11/-1/	744	
9-DAVID	25.34	2648-6424	503	226				744	
77-THOMAS		1168-1174	518			•	341 <sup>3</sup>	754	29.94
7-WESTON	-	DMS				-	DUR		
7-CHASE		SUL		~			DNR		
6-GREG-MS		DNS			3-		DNR		
	]								
MOI	4 MILE	TEMPO							
	400 HOLD								
							2)		
W02	3×10007	(1.00R+4x4	1003 (10	o in i.	30 7-10	<b>T000</b>	DCHCD	TO 2	DOTT
<u> </u>	)4x4009	14001							
₩0	34	EET RUNNER							

# DISTANCE PROGRAM-CC/TRACK WK 16 OF 24 (MON 03/17/14-SUN 03/23/14)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN
STIPLE TO THE STATE OF THE STAT

	TGT	N YOUR WEAKNESS, F
RUNNERS-12	1609I	TIME-AVG#
52-CARLEY		18.27·6093
52-MALLORY		DNR
51-ABBY		19.23.6273
50-CIARA		13.48-6542
50-FRANKIE		19.34 6313
50-REBEKA		DNR
50-ESTHER		DNR
48-RACHEL		20.13 (44)3
44-NORA-MS		DUR
44-MEGAN-MS		DNR
44-KYRA		DNR
38-NICOLE		DUR
001110022		Marc
	TGT	ACT
RUNNERS-17	1609I	TIME - AVG
66-COLTON	***************************************	16.50-5363
66-CISCO		10'20- 239
62-ELADIO		1541-2133
62-SAM B		17.41-212
		1602-5203
62-SEAMUS		15.42-513 <sup>3</sup>
61-PHILLIP		12.47-2123
61-JACK		1647-5353
60-VICTOR		1625 - 2313
60-BEN		DNR.
60-NAHUEL		1659 -5393
59-KRIS G		1639-5333
59-DAVID		1708-5423
57-THOMAS		1802-6003
57-WESTON		4M-AEROBIC
57-CHASE		DUR
56-GREG-MS	,	1905-6503
	1	
DOM	3×1609I	1.00R
WOZ_	MEGT (3)	BLUFFTON
WU3	HANDOFF	S . STRIDES
		J. 15.02
		· · · · · · · · · · · · · · · · · · ·

RUNNERS-12	#100 # 200 # 210#	Meet	TIME TRIALS	
52-CARLEY	793 2 <b>53</b> 36	RCSULTS	800 1600	
52-MALLORY		IN BOOK	1840 241.69 SS4.53	
51-ABBY	863 3012 41 <sup>1</sup>	114 1000	244.59 624.78	<del></del>
50-CIARA	803 305 <sup>2</sup> 37 <sup>4</sup>		24630 654.57	
50-FRANKIE			218130 03113	
50-REBEKA	- 2572-354			
50-ESTHER				
18-RACHEL				
14-NORA-MS				
14-MEGAN-MS			313.81 657.84	
14-KYRA			., 5( \$56)	
88-NICOLE				<del></del>
			/	
RUNNERS-17	100 80 20 1	MEGT	TIMETRIALS	
6-COLTON	6732193.294	RESULTS	800 1600 320	<u> </u>
66-CISCO		IN BOOK		<u>~_</u> 40 6.87
2-ELADIO	683 2223 314		209.51	0,01
2-SAM B	3 3 11			
2-SEAMUS	<b>६४, ऽ</b> ऽऽ ३४४ म		211.66	57
1-PHILLIP			448,72	
1-JACK			1 (0, 12	
0-VICTOR	C837565-594		208,81	59.
0-BEN			44272*1172	.43
0-NAHUEL				<u>···,                                  </u>
9-KRIS G			536.00 11.n	98
9-DAVID			510,97	
7-THOMAS			510.65	60.2
7-WESTON				
7-CHASE	78 <sup>3</sup> 300 <sup>3</sup> 344		543.97	65.6
5-GREG-MS	18 300 341			
	S= 1600RP		F=800	
NOT TOM	3 x 4605/2007 IN 130 +3 x	8008 /2 CATIL	12 km 14 07 mm / 7	$\dot{} \nu$
	3 × 4605/2007 IN 1.30 +3 X	300/700/20	DO GECUTE OF MIND	X
woz	WED MEET OR 200 WO			
				<del></del>

DISTANCE PROGRAM-CC/TRACK WK 18 OF 24 (MON 03/31/14-SUN 04/01/14)

TGT  KT 1K:  07 349  11 351  15 355  TGT  14 308		1 3594	120 121 126 120 127	w	1198 1198 1288 1288 1288 1288 1288 1268	055
11 351 15 355 TGT 1k-I	3564	3414 H 3594 H 3494	121 126 120 127	101 101 102 -	1198 1288 1288 1288 1288 1288	0576 1026 055 1038
11 35) 15 355 TGT T 1k-I	412°	1 3594 1 3494	121 126 127	101 101 102 -	1198 1588 1568 1588 1588 1588	0576 1026 055 1038
TGT T 1k-I	412°	1 3594 1 3494	126 120 127	104 104 105	DNS 1588 1588 1588	1026 055 103
TGT T 1k-I	5 358 <sup>t</sup>	1 3494	120 127 —	- 102 101	DMK DMK 1588 1568 1588	055
TGT T 1k-I	5 358 <sup>t</sup>	1 3494	120 127 —	- 102 101	DNK DPK 1588 1568	055
TGT Ik-I	Ac		  -	102	DPB DPB 1588	1036
T IK-I				-	DWR DWR	
T IK-I					DNR	0531
T IK-I					1568	o53 <sup>1</sup>
T IK-I						
T IK-I						
T IK-I						
T IK-I		=T				
T IK-I		=T				
T IK-I		7=				
T IK-I		=				
T IK-I		=τ				
	12-1		TGT		ACT	· · · · · · · · · · · · · · · · · · ·
4 308		1K-I	400	300	400	300
	3124	306 <sup>H</sup>	CANON		1.04	0.38:137
	·		•	-	DNIS	Q:35.(3)
6 310	324 <sup>4</sup>	3104	109	052	1.088	0.488
			114	055	1188	0.535
6 310	3224	3084	CANO			0.33:140
.9 317	3174	3044		*	DNR	V 22 • 170
			lı5	056		0528
						035:143
	_				1108	020,
0 323	3323	324 <sup>4</sup>			3	DNR
0 323	3294					0538
523	3344	3234	•	055	1188	05C8
3 334	3454	3334	<u> </u>		110	053 <sup>6</sup>
			<u> </u>			רבּט.
3	3534	3394	~		<del></del>	
			120	100		15078
			120	100	166	031
600	323 323 334	323 3294 323 3344 334 3454	323 3294 3204 323 3344 3234 334 3454 3334	109 323 332 <sup>3</sup> 324 <sup>4</sup> 323 329 <sup>4</sup> 320 <sup>4</sup> 323 334 <sup>4</sup> 323 <sup>4</sup> 334 345 <sup>4</sup> 333 <sup>4</sup> 115	CANONA 109 052 0 323 3323 3244 115 056 0 323 3294 3204 114 055 1323 3344 3234 114 055 0 334 3454 3334 115 056 13534 3394	CANON 108  109 052 1108  109 052 1108  123 332 324 115 056 1136  323 324 3234 114 055 1188  334 345 3334 117 056 1158  3534 3394 DNR  3534 3394 DNR

207 ?	.57.1 .59.1 .58.2	8,220 2,32d 1001 1820	171.9 30 127.4 30 123.9 30		545.4 545.4 549.9 545.6 540.8	PM-TARGET 1000T 400 N.R	S 3coF			
207 ?	58.7 28.1 28.1	8,220 2,32d 1001 1820	171.9 30 171.9 30 177.4 30 123.9 30	9220 481 193 682 193 683 193 683	545.4 549.9 545.6					
0.9 Z	.58.2 .59.1	7.82d 1017 1820	171.9 30 127.4 30 123.9 30	9.9 659.2 152 1012 GO OS8.1	545.4 549.9 545.6					
23.4 2 2.8 2 28 2	.58.Z .58.J	1017 0589	127.4 30 123.9 36	60 058.1	549.9 545.6					
23.4 2 2.8 2 28 2	.58.Z .58.J	1017 0589	127.4 30 123.9 36	60 058.1	549.9 545.6					
28 2	.58.Z .58.J	1017 0589	127.4 30 123.9 36	60 058.1	545.6					
28 2			1239 36	60 028.1						
	\$78	0586								
	S78	O28F	1239 30	PIZO P.E	546.8				-	
		,								
						<del>\</del>	D			
$MA_{\underline{}}$	-AV	S .	140 =			PM - TARGO	7	AVG <sup>‡</sup>	<b>F</b>	
00.			100 30 PROS	300 F	>R05	1000T · 400		iboo	400	300
NF					100		<u> </u>	1600	400	
13.1					<del></del>			<del></del>	<del></del>	
8,9 2	224.9	0469.	108.5 22	SJ MUS	U3B M		,			
		- 10:1	(40.3 2.	2.1 4 16.2	730.0			3	3	A = 11 7
9.4 2	263	<b>1469</b>	ומב ב שו	רכעה לי	11259	261		345	111-	0542
<u>, , , , , , , , , , , , , , , , , , , </u>	.40,5	- 1011	امع تح درد	71 012'I	733.]	710		22118	16113	-NA2
								25/13		0492
				<del></del>			1.			0512
1								324	1023	049 2 053 2
-		1-14					<del></del> .			
					· · · · · · · · · · · · · · · · · · ·				KEHAR KEHAR	0245
				<del></del>					152	0552
						_>>>		22%	118-	0502
		·						~		
						351	****	วนา3	17/3	0532
						200		24 1-	100	(1)
>	k.9 7	k.9 224.9	४.९ २२५.९ ०५ <u>६</u> ९ -	k.9 224.9 046.9 · 108.5 22	NF 224.9 046.9 · 108.5 225.7 046.5	K.9 224.9 046.9 · 108.5 225.7 046.5 438.0	NF - 6.9 224.9 046.9 · 108.5 225.7 0465 438.0 - 329	14 224.9 0469.108.5 225.7 046.5 438.0 -  14 226.3 046.9 1053 225.7 043.7 435.9 -  329  340  340  349  343  343	14 224.9 046.9 · 108.5 225.7 043.7 435.9 - 329 324 <sup>8</sup> 14 226.3 046.9 1053 225.7 043.7 435.9 - 329 324 <sup>8</sup> 340 324 <sup>3</sup> 340 329  329 325 <sup>3</sup> 340 DNR*6  343 331 <sup>3</sup> 343 341 <sup>3</sup> 353 336 <sup>3</sup>	

SWEAT THE SMA		- A							AC									
RUNNERS-12		1000,				·70	<u></u>	1200.1				<u> </u>	 ንሌ	TO	TAL	PRO	۲	201371 MC
52-CARLEY	428			214	129			436							10	113 <sup>1</sup>		12:58
52-MALLORY	1.0	•	-	<u>~17</u>	*	<b>A</b>	T	40	JJ 1 6	772 C	<u>~}_</u>	44	031	10.	110	11,3	L	13.00
51-ABBY	<b>†</b>	-	-	~	•	-												
50-CIARA	439	353	306	219	133	64	6	437	<b>ZUR</b> '	310 2	つる '	178	043	16	09	12.10	·	NA
50-FRANKIE	439	353		219	133					303 2				160		1212		16.43
50-REBEKA	-	•	-	<b>*</b>	-	-		DNR				1					-	
50-ESTHER	·-	-	-	-	-	-							••					
48-RACHEL	-	•	•	~	-	_												
44-MEGAN-MS	-		•	790	-	_		$T^{-}$										
44-KYRA	•	_	**	-	<b>-</b>	_		7									***************************************	
38-NICOLE	•	-	-		-	~		4										
***************************************	1200	- 100	o .8.	9.00		<u>-</u> 1∞			·7000	, <b>80</b> 0			400.	200	TOTA	L E	ROT	2013
RUNNERS-17	1200		<u>A</u> <u>R</u>			100	.200	1500		<u>2.800</u>			<u> </u>	200	TOTA	IL F	RUT	2013
66-COLTON	-	-	•		•	-	•	DNF	ζ									
66-CISCO	-	-				~	•	DNE	λ									1247
62-ELADIO	343	300				14	037	347	_ 303	256	<u>, 14</u>	6	109	035	12.40	<u>, o</u>	1.40	1318
62-SAM B	325		23			17	038	348	315	236	14				13.1	8 1	009	NA
62-SEAMUS	800		•			02	038	-	-	-	14		103	~ <del>~</del>	+300			
61-PHILLIP	343	306				14_	037	343		230			109	······································	_	20		<u>NA</u>
61-JACK	354	315	23			18	039	35	1 318	236			118			4 1	<u> 28.70</u>	NA
60-VICTOR	8001		79.4				व्या*		-	222	14			747¥	NA	1	VA_	
60-BEN	1Mil	£ -	2.	9 1	79	109	034		•	554	14	Ц_	108	031	MA		AL	
50-NAHUEL	<u> </u>				_			N. 00	-		D							~~~
59-KRIS G										EAF.	ベクト	7 ~	5 M	3				
59-DAVID 57-THOMAS	<del>  -</del>		~			<u> </u>	~	DNR		125	01%		4 1	•				
57-THOMAS 57-WESTON	-			-						HAB								
2/-WESTOIN		2112	7.00			<u> </u>	<u>-</u>			BANIS					hi E	^ II	16	
	428		258		1 1	۷١	-			243				<b>5</b> 8	ידי	O II	.18	
57-CHASE		-	•	-	•	-	-	DNR	. IK	C-ME	$\epsilon r$	RV	N					
	-																	

LM	1x800/2.45R+2x600/2.30R +3x400/130R+4x200/0.30R @V16
Koom	1x600\$ 4.00R + 3x400F 3.30R +4x300F/3.00R
	S= 1600M PACE F= 800M PACE

	ALL STUFF TRAIN YOUR WEAK	)		1G
RUNNERS-12	S1 S	52		400-200
52-CARLEY	2.00 036.010	034.5 <sup>8</sup> × 1144	153	
52-CARLET 52-MALLORY	2.00 056.0 DNR	7 111		
51-ABBY	NIR		1	288 038
50-CIARA	Z00 037.50	63 <b>6</b> 28		
50-CIANA 50-FRANKIE	800 305 <sup>3</sup> 3	053 *6173	1	268 038
50-PRANKIE 50-REBEKA	DNR	× 117.3		
50-REBERA 50-ESTHER	DNR			
48-RACHEL	200 037.08 C	334.03 × 1083	156	
44-MEGAN-MS	DNR	021.0		
44-KYRA	DNR	1		
38-NICOLE	DNR			
	TGT AVG	4	The second secon	ve_
RUNNERS-17	\$1	\$2		400 · ZOO
66-COLTON	200 32.710	31,3 <sup>10</sup> × 101.	34 1053 134	<del> </del>
66-CISCO	DNR	\. A. a.1	<u> </u>	<u> </u>
62-ELADIO	800 DNF	* 225 <sup>t</sup>	+ 1063	og 9
62-SAM B		244 <sup>4</sup>	11:	29
62-SEAMUS	DNR	×102.0	14 104.63 135	
61-PHILLIP	800 5564	2384	· M	)9 <sup>9</sup>
61-JACK	800 2374	2384		58
60-VICTOR	200 31.410	31810	138,,,	-
60-BEN	200 31.20	31.410	W.	Σ <sub>8</sub>
60-NAHUEL	DMS	- 5		
59-KRIS G	DNR			
59-DAVID	800 DNR			~ <del>~</del>
57-THOMAS	DNR			
57-WESTON	DISTANCE - GM			
57-CHASE	DISTANCE - GM			<del></del>
56-GREG-MS	PIZTANCE - GM			
		*=correceDAX	ωþ	
wo	800M 2 (3-6/ 200M G-1018 B	4-8 x 800/200R)	4.00 R BETWEED SETS #3	200 PACE
		(B-Sev		1.30 R+R
Wô		G00 1200		
	8×400/1.008 + 8	X500 5002 x 4.00	rbs kwindy	
···		-		
	1			

RUNNERS-12	TOT	`	AVG		ANG		TOT		AVG	8,001	1
NOMINE NOTIZ	R1 R2	R3	R1 R2	R3	RI/RZ/R3 1	ROJ	U.LZ.L	3_	APNIT	MOTERS	· PROPET
52-CARLEY	56 '54	52	S6H S5.H	9.12	0,54,60	225.6	751 707 6	<i>3</i> 7	7136	716	225,9
52-MALLORY	siav 'u	+-	DUR				'	-	DNR		232.6
51-ABBY	59 57	55	60,5 S9.S	282,	59.5.2	36.6	737707 6	37	7354		243.1
50-CIARA	23 2-	1 55	573 83	23.0		231.7		642			233.3
50-FRANKIE	59 57	55	593 592		59.2 2	37.8	748.718.	648		632 °	299.9
50-REBEKA	59 57		DNE				·	itee	DNR	1	229,8
50-ESTHER			DNR			•	~ <del>~</del> .	<b>~</b>	Ï	DNR 0	
48-RACHEL	55 53	72	543 535	8.12	23.5 .5	21.8		~		1	
14-MEGAN-MS	-	~	DNR				~	_			
14-KYRA		*	DNR					~			•
38-NICOLE			DNR	7					4	4	
				<b>*</b> ≈3	SETS		·				
				<del></del>				•			
	TGT		ÁVG		AVG		767		AVG	ROM P	REDICTER
RUNNERS-17	RI RZ	<u>R3</u>		· R3		RAT	L1. L2 . B	3	APM#	METERS F	
6-COLTON	41 45		465.452			02,4		<del>-</del> -3	630°C	8440	1569
66-CISCO	6		DUR	<u></u>		02,4	~ _ ~		)NR	DroR	126:1
52-ELADIO	152 140	1 146		47.4	151.200	7.53	636 606 5		6586	822 €	159.6
2-SAM B	260 15		10		155.7 . 1	0.17	640 610 51		(0286	DNR	131.0
52 SEAMUS	47 45	*	47345		45.7=	2018	640 610 5		ME	४५३ ०	157.1
51-PHILLIP	15-3 150		154.0 1471			9.46			628th	780°	
61-JACK	200 15		158.8 1576			$\frac{1}{10.21}$	655 625 S		6286		50172
60-VICTOR	49 47		NT	1 (35)1	130,0	10, 41	655 6255		6306	DOUR	
50-BEN	158 15		1528 149.	7 1457	1491	9.42	640 610 2		DNF	829 °	1507
SO-NAHUEL	8 M	***	DISTR		-11111	1. / 50	010 010 3		NR	DNR	158,7
59-KRIS G	203 24				3/509	10:13	700 630 6		6556	DNE	
59-DAVID	203 20		7	10 13	13131.1	10110			7336		
77-THOMAS	8 M (3)		DISTA	11100		·	700 630 6	ე <u>ლ</u> იქ	6496	PNB	
77-YESTON	3 M @		D(3)+	11000			714 6446			DNR	
7-WESTON 7-CHASE	8 M @					~	726 6566	040 (31	110.	DUR	
6-GREG-MS	8 10 0		<u>_</u>	********			726 6561 714 644 6	اللا الل	7274		·27 1
PVG			<del>-</del> <del>-</del> - <del>-</del> - <del>-</del> <del>-</del> <del>-</del> <del>-</del> <del></del>	-			114 477 6	<u> </u>	(31	713 0	
UITESTIN										851 e	120 J
I I IV	<del> </del>					<del></del>	·			D 61 3	137,1

		2 OF 24 (MON 04/28/14-SUN 05/04/14)
SWEAT THE SIV	AVG #	WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPE
OID DEDG 10	AVG	31 52
RUNNERS-12	<u> </u>	3638 3328
52-CARLEY	A 71,54	2778 7-28 2778 7-28
52-MALLORY	DUR	37.28 3238
51-ABBY	DNR -	DNR 3654
50-CIARA	A 75,54	360 3604
50-FRANKIE	B 2564 +79.5	DNR
50-REBEKA	A 75.63	36,48 33,78
50-ESTHER	DHR	DNR
48-RACHEL		
14-MEGAN-MS		DNR
14-KYRA		DNR
88-NICOLE	4	DNR
	AVG#	AVG#
RUNNERS-17		S1 32
	A 59.54	23.28.20.08
6-COLTON		30,38 28,28
6-CISCO	DUR	DNR
2-ELADIO	B 550'83+954	
52-SAM B	B 229,72 +67,13	DNR
2-SEAMUS	A 61.64	30,3 <sup>8</sup> °17,4 <sup>8</sup>
1-PHILLIP	B ZIS93+61.1	29,3 <sup>8</sup> 29,8 <sup>8</sup>
51-JACK	B 23593+67.2	DINR
60-VICTOR	B 61.44	DNR
60-BEN	B 64,24	30.5 <sub>8</sub> 58.3 <sub>8</sub>
0-NAHUEL	DISTANCE	DNR
9-KRIS G	A 67.44	
	A 67.24	
7-THOMAS	DISTANCE	
7-WESTON		
7-WESTON 7-CHASE	DISTANCE	
	DISTANCE	
6-GREG-MS	DISTANCE	<u>Y</u>
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jivo2	2 (8x20=/04	100M1 25-500M1)
4-06	- 22 42 1 24	IMMA 2 C. COOMA)
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	TGT	OUR STRENGTH-LITTLE THINGS MAKE BIO	
RUNNERS-11	1000 TO001 1000/32 400	00P \$EV0001 10001 78001	800 400
2-CARLEY	407 348 344 121	4023 3512 335 1192	255 1279.0
2-CARLET 2-MALLORY	415 355 348 12.7	14002 DNS DNS DNS	2551 84.6
1-ABBY	DIST 8M	400 DAY DAY	DIST-8M
0-CIARA	CANOVA 230 75/355-1505	151.4 ° 155.8	76.7
0-FRANKIE	415 355 348 127	3573 3572 3491 1262	52275 83.5
O-REBEKA	CANOVA 230 75/35.5-150.5	151,2 • 154.1	70.0
O-ESTHER	A	(5),2	DUR DANG
8-RACHEL	CANOVA 22年 71/34- 四5	1459 • 151.4	69.63
4-MEGAN-MS			DWR
4-KYRA			DUR
8-NICOLE			DNR
		43.	11-
	<u>TG+</u>	AVG#	_ AVG#
RUNNERS-16	10001 - 10001 - 1000132 - 400	1000T 1000II 1000Y32 Y000	<u>800 400</u>
6-COLTON	SANDIVA 200- 60/28-128	128.8-141.4	- 61.73
6-CISCO			DNR
5-ELADIO	326 310 365 109	323 3 3092 258 DNR	217,52 61,6
5-SEAMUS	CANOVA 200 60/28-128	130.2 - (3).5	× 61.03
4-PHILLIP	329 312 307 110	3243 3102 308 1082	<u> </u>
B-BEN	CUMONY 505 01/56'2-150	132.7 • 136.5	<u> </u>
3-SAM B	DIST 8M		DIST - 7M
1-JACK	DIST IOM	120.0	DIST- 7TM
0-VICTOR 0-NAHUEL	CANOVA 202 61/285-129 DIST 8M	129,8 134,7	63.33
9-KRIS G			DIST- 7M
9-DAVID	10M 6M		Dist-
7-THOMAS	8 M		DIST-
7-WESTON	4M		DIST-
7-CHASE	DNR		DIST-
6-GREG-MS	* 6M		DIST-
			DIS+-
			DIST-
			DIST-
			DIST-
	× 95°	,	
Wo1	(3x1000+/1/20P)+(7x1000+	12 MB ) L (14/2-1/22 /2 200)	Layllach -
.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	CANOVA : TARGET 2(400@TA	1000 / 2 / 1 / 1 / 1000 / 2 / 1 ( 20K)	H(2x4105/2.008,
		KOSIFA( F + 200 (5) - 0.06) 10	U.00 KKS
WOZ	3200 M: ZX800 V32-X/5,10	or tlx 400F	
	800/1600M 3x400F/5.00R		

### AUNNERS-11  52-CARLEY  52-MALLORY  51-ABBY  50-CIARA  3	51 51 51 57 5T 08	3594 4024 4114 4113 4113 3174 3104 3104	524 546 546 PR 424 436 428	541.4 DINF PROJ 433.1 429.8 426.7 430.7	116;7 5,05j 604 800l	1313,5	54.7 54.7 300 43.9 45.6	4∞ (04.4	. 309.7 . 309.7 . 300	55.7 
52-CARLEY 52-MALLORY 51-ABBY 50-CIARA 3 50-FRANKIE 50-REBEKA 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 38-NICOLE  TY RUNNERS-16 56-COLTON 36-CISCO 35-ELADIO 35-SEAMUS 34-PHILLIP 33-BEN 33-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	57 57 57 08 00	4024 4114 4113 4113 3294 3174 3104	546 - PR - 424 - 436 - 428	541.4 DNF PROJ 433.1 429.8 426.7	17.3.6 116.7 120,3 120,3 100,9 101,9	303.9 303.5 303.5 206.1 221.5	54.7 54.7 54.7 54.7 43.9 43.6	120.3 120.3 120.3 104.4 104.4	309.7 - 309.7 - 309.7 - 300 - 239.7	300 421 449
52-MALLORY 51-ABBY 50-CIARA 3 50-FRANKIE 50-REBEKA 3 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 38-NICOLE  TY RUNNERS-16 56-COLTON 55-SEAMUS 53-SEAMUS 53-SEAMUS 53-SEAMUS 53-SAM B 51-JACK 50-VICTOR 59-KRIS G 59-DAVID 77-THOMAS 57-WESTON 57-CHASE	57 57 57 08 00	4024 4114 4113 4113 3294 3174 3104	546 - PR - 424 - 436 - 428	541.4 DNF PROJ 433.1 429.8 426.7	16,7	\$03.\$ \$03.\$ \$00 \$00 \$20.1	54.7 54.7 54.7 43.9 43.6	126.3 	- 309.7 - 309.7 - 300 - 239.7 - 226.3	55.7 
51-ABBY 50-CIARA 50-FRANKIE 50-FRANKIE 50-REBEKA 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 38-NICOLE  TO RUNNERS-16 56-COLTON 56-CISCO 55-ELADIO 55-SEAMUS 54-PHILLIP 53-BEN 53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	51 67 67 60 80	411 <sup>4</sup> 411 <sup>3</sup> AVG <sup>#</sup> 329 <sup>4</sup> 317 <sup>4</sup> 310 <sup>4</sup>	- PR - 424 - 436 - 428	DNF PROJ 433.1 429.8 426.7	120,3 	303,5 800 221,5	54.7 54.7 300 43.9 45.6	ч∞ 104.4 105,5	239.7 226,3	300 429 449
50-CIARA 50-FRANKIE 50-REBEKA 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 58-NICOLE  RUNNERS-16 56-COLTON 56-CISCO 55-ELADIO 55-SEAMUS 54-PHILLIP 53-BEN 53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 77-THOMAS 77-WESTON 77-CHASE	51 67 67 60 80	411 <sup>4</sup> 411 <sup>3</sup> AVG <sup>#</sup> 329 <sup>4</sup> 317 <sup>4</sup> 310 <sup>4</sup>	- PR - 424 - 436 - 428	DNF PROJ 433.1 429.8 426.7	120,3 	303,5 800 221,5	54.7 54.7 300 43.9 45.6	ч∞ 104.4 105,5	239.7 226,3	300 429 449
50-FRANKIE 50-REBEKA 50-REBEKA 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 58-NICOLE  TY RUNNERS-16 56-COLTON 56-CISCO 55-ELADIO 55-SEAMUS 54-PHILLIP 53-BEN 53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 77-THOMAS 77-WESTON 77-CHASE	51 67 67 60 80	411 <sup>4</sup> 411 <sup>3</sup> AVG <sup>#</sup> 329 <sup>4</sup> 317 <sup>4</sup> 310 <sup>4</sup>	- PR - 424 - 436 - 428	DNF PROJ 433.1 429.8 426.7	120,3 	303,5 800 221,5	54.7 54.7 300 43.9 45.6	ч∞ 104.4 105,5	239.7 226,3	300 429 449
50-REBEKA 50-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 58-NICOLE 56-COLTON 56-CISCO 55-ELADIO 55-SEAMUS 54-PHILLIP 53-BEN 53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 77-THOMAS 77-WESTON 77-CHASE	FO 300	4113 AVG#: 3294 3174 3104	424 436 428	PROJ 433.1 429.8 426.7	400 100,9 161,9	800 720.1	362 439 456	104.4	239,7	42.9
SO-ESTHER 48-RACHEL 44-MEGAN-MS 44-KYRA 38-NICOLE  RUNNERS-16 56-COLTON 36-CISCO 35-ELADIO 35-SEAMUS 34-PHILLIP 33-BEN 33-SAM B 51-JACK 30-VICTOR 30-NAHUEL 39-KRIS G 39-DAVID 77-THOMAS 77-WESTON 77-CHASE	FO 300	4113 AVG#: 3294 3174 3104	424 436 428	PROJ 433.1 429.8 426.7	400 100,9 161,9	800 720.1	362 439 456	104.4	239,7	42.9
48-RACHEL 44-MEGAN-MS 44-KYRA 38-NICOLE  RUNNERS-16 36-COLTON 36-CISCO 35-SEAMUS 34-PHILLIP 33-BEN 33-SAM B 31-JACK 30-VICTOR 30-NAHUEL 39-KRIS G 39-DAVID 77-THOMAS 77-WESTON 77-CHASE	TE TON	3294 3174 3104	424 436 428	PROJ 433.1 429.8 426.7	400 100,9 161,9	800 720.1	362 439 456	104.4	239,7	42.9
ALAMEGAN-MS  14-MEGAN-MS  14-KYRA  18-NICOLE  RUNNERS-16  16-COLTON  16-CISCO  15-ELADIO  15-SEAMUS  15-SEAMUS	TE TON	3294 3174 3104	424 436 428	PROJ 433.1 429.8 426.7	400 100,9 161,9	800 720.1	362 439 456	104.4	239,7	42.9
TO   TO   TO   TO   TO   TO   TO   TO	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
RUNNERS-16 66-COLTON 366-CISCO 65-ELADIO 3165-SEAMUS 369-DAVID 77-WESTON 77-CHASE	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
RUNNERS-16  36-COLTON 36-CISCO 35-SELADIO 35-SEAMUS 34-PHILLIP 33-BEN 33-SAM B 33-SAM B 33-SAM B 30-VICTOR 30-NAHUEL 39-KRIS G 39-DAVID 37-THOMAS 37-WESTON 37-CHASE	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
RUNNERS-16  66-COLTON  66-CISCO  65-ELADIO  65-SEAMUS  64-PHILLIP  63-BEN  63-SAM B  61-JACK  60-VICTOR  60-VICTOR  69-DAVID  77-THOMAS  77-WESTON  77-CHASE	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
RUNNERS-16 6-COLTON 30 6-CISCO 5-ELADIO 5-SEAMUS 3-PHILLIP 3-BEN 3-SAM B 1-JACK 0-VICTOR 3-NAHUEL 9-KRIS G 9-DAVID 7-THOMAS 7-WESTON 7-CHASE	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
RUNNERS-16  GE-COLTON  GE-CISCO  GE-ELADIO	10 08	3294 3174 3104	424 436 428	433.1 429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
56-COLTON 36-CISCO 55-ELADIO 35-SEAMUS 36-PHILLIP 53-BEN 36-SAM B 51-JACK 50-VICTOR 36-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	10	317 <sup>4</sup> 310 <sup>4</sup>	436 428	429.8 426.7	101.9	221,5	439	104.4	239,7	42.9
66-CISCO 65-ELADIO 65-SEAMUS 64-PHILLIP 63-BEN 63-SAM B 61-JACK 60-VICTOR 60-NAHUEL 69-KRIS G 69-DAVID 67-THOMAS 67-WESTON 67-CHASE	10	317 <sup>4</sup> 310 <sup>4</sup>	436 428	429.8 426.7	101,9	221,5	45.6	105,5	226,3	५५१
55-ELADIO 31 55-SEAMUS 32 54-PHILLIP 53-BEN 33-SAM B 51-JACK 50-VICTOR 30-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	10		428	426.7		•				
55-SEAMUS 54-PHILLIP 53-BEN 53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 77-THOMAS 77-WESTON 77-CHASE	10		428	426.7		•				
34-PHILLIP 33-BEN 33-SAM B 31-JACK 30-VICTOR 30-NAHUEL 39-KRIS G 39-DAVID 37-THOMAS 37-WESTON 37-CHASE					101,9	221.5	44.4	1052	223,7	<b>V3</b> ¢
33-BEN 3 53-SAM B 51-JACK 50-VICTOR 3 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	2	3104	435	19207						1 -1-
53-SAM B 51-JACK 50-VICTOR 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	7	3104	435	リコハフ						
51-JACK 50-VICTOR 3 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE				400.1	1019	221.8	44.7	8401	229.6	44.7
50-VICTOR 3 50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE										******
50-NAHUEL 59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE										
59-KRIS G 59-DAVID 57-THOMAS 57-WESTON 57-CHASE	23	3244						7		
59-DAVID 57-THOMAS 57-WESTON 57-CHASE										
77-THOMAS 57-WESTON 57-CHASE										
57-WESTON 57-CHASE										
77-WESTON 77-CHASE									· · · · · · · · · · · · · · · · · · ·	
77-CHASE				· · · · · · · · · · · · · · · · · · ·						
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