3km Time Trial at Service 08/07/09						3km Race 08/15/09		BartlettRelays (Hilly) 3.91 km 8/22/09		Skyview Invite 2009 5km (Hilly) 8/29		Skyview Invite 2008		Lynx Invite 5km (Hilly) 9/5/2009		Palmer Invitational 2009 9/12/2009		Palmer Invitational 2008 9/6/2008	
Sex	**Last**	**First**	**Grade**	time	1 km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace
M	Lane	Jani	11	9:44	3:14	9:32	3:10	12:48	3:16	15:51.5	03:10	17:15	3:27	16:24.8	03:17.0	15:56	3:11	16:46	3:21
M	Talbot	Silas	11	10:09	3:23	9:35	3:11	13:00	3:19	16:12.5	03:15	16:49	3:21	16:13.9	03:14.8	16:08	3:13	16:31	3:18
M	Walgren	Robert	12	9:44	3:14	9:46	3:15	13:02	3:20	16:43.3	03:21	18:05	3:37	16:36.1	03:19.2	16:16	3:15	17:04	3:24
M	Hepler	Lucas	9	10:55	3:38	10:34	3:31	14:08	3:36	17:39.6	03:32			17:21.3	03:28.3	17:09	3:25		0:00
M	Wheatall	Ben	11	10:28	3:29	10:28	3:29	14:42	3:45	17:27.0	03:29	18:38	3:43	17:27.5	03:29.5	17:18	3:27	18:30	3:42
M	Schlemme	Lucas	9	11:30	3:50	11:09	3:43	15:10	3:52	18:10.8	03:38			17:53.4	03:34.7	17:34	3:30		0:00
M	Wheatall	Aaron	11	9:56	3:18	9:58	3:19	13:34	3:28		00:00	17:54	3:34		00:00.0	17:45	3:33	18:02	3:36
M	Bauer	Matt	11	11:07	3:42	10:41	3:33	14:42	3:45	18:31.4	03:42	19:36	3:55	18:07.7	03:37.5	18:03	3:36	19:03	3:48
M	Barnhart	Kyle	11			11:00	3:40	14:43	3:45	18:20.3	03:40	19:20	3:52	18:46.3	03:45.3	18:05	3:37	18:59	3:47
M	Franks	MacKenzie	9	12:01	4:00		0:00	0:00	0:00	18:51.7	03:46			17:58.5	03:35.7	18:10	3:38		0:00
M	Parke	Jack	9	10:57	3:39	10:57	3:39	14:50	3:47	18:48.8	03:46			18:44.3	03:44.9	18:16	3:39		0:00
M	Nakada	Tadhg	10	11:43	3:54	11:10	3:43	14:38	3:44	18:59.0	03:48			18:32.7	03:42.5	18:19	3:39		0:00
M	Mockta	Tyler	11		0:00		0:00	15:44	4:01	19:04.4	03:49	19:43	3:56	18:45.7	03:45.1	18:24	3:40	19:44	3:56
M	Carpentier	Nelson	10	11:32	3:50	11:25	3:48	15:52	4:03	19:06.9	03:49			18:53.0	03:46.6	18:41	3:44		0:00
M	Burkel	Tom	11					15:42	4:00		00:00			19:40.4	03:56.1	18:51	3:46		0:00
M	Nielsen	Shawn	10		0:00		0:00	0:00	0:00		00:00			19:16.8	03:51.4	18:55	3:47	20:07	4:01
M	Moore	Adam	11	12:27	4:09	12:27	4:09	15:57	4:04	19:55.6	03:59	22:24	4:28	19:59.6	03:59.9	19:23	3:52	21:35	4:19
M	Marsh	Josh	12		0:00	11:31	3:50	15:24	3:56		00:00	20:04	4:00	20:20.2	04:04.0	19:26	3:53	19:38	3:55
M	Bailey	Mackenzie	11					15:20	3:55	18:58.1	03:48	18:27	3:41	18:43.7	03:44.7	19:27	3:53	18:14	3:38
M	Cosgrave	Hugh	10	12:35	4:11	11:55	3:58	15:55	4:04	19:42.5	03:56			19:37.0	03:55.4	19:38	3:55		0:00
M	McLaughlii	Ryan	11	12:44	4:14	12:07	4:02	17:05	4:22	20:36.9	04:07			20:35.9	04:07.2	19:49	3:57		0:00
M	Metzger	Peter	10		0:00	12:21	4:07	16:15	4:09	20:25.2	04:05	21:04	4:12	20:38.6	04:07.7	19:53	3:58	20:09	4:01
M	Clark	Skyler	12	13:02	4:20	12:00	4:00	16:24	4:11	19:42.1	03:56	19:37	3:55		00:00.0	19:59	3:59	19:38	3:55
M	Rassmusu	Mathias												20:39.4	04:07.9	20:07	4:01		0:00
M	Kuelper	Kris	9	13:39	4:33	12:18	4:06	16:21	4:10		00:00			20:58.0	04:11.6	20:08	4:01		0:00
M	Lenahan	David	11	14:28	4:49	13:04	4:21	17:38	4:30	21:28.7	04:18	24:35	4:55	21:09.0	04:13.8	20:15	4:03	23:14	4:38
M	Haynes	Aaron	11	12:03	4:01	11:29	3:49	16:05	4:06		00:00	19:52	3:58		00:00.0	20:29	4:05	22:40	4:32
M	Nissenson	Logan	11		0:00	12:40	4:13	17:17	4:25	21:38.6	04:20	20:48	4:09	22:26.3	04:29.3	20:50	4:10	21:21	4:16
M	Keech	Kevin	9	13:39	4:33		0:00	16:50	4:18	20:34.7	04:07			21:25.4	04:17.1	20:53	4:10		0:00
M	Smith	Elias	11	13:41	4:33	13:42	4:34	17:46	4:32	22:01.0	04:24	23:36	4:43	22:58.2	04:35.6	21:17	4:15	22:15	4:27
M	Lee	Jae-Rim(D	11	13:41	4:33	13:19	4:26	18:06	4:37	21:59.9	04:24			22:35.4	04:31.1	21:28	4:17		0:00
M	Jarvis	Cayman	9	13:26	4:28	13:13	4:24	22:01	5:37	22:30.1	04:30			21:28.9	04:17.8	21:30	4:18		0:00
M	Goodman	Stuart	9	13:46	4:35	13:41	4:33	18:03	4:36	23:07.4	04:37			22:51.1	04:34.2	22:00	4:24		0:00
M	Knock	Bryce	11		0:00	14:05	4:41	19:37	5:01	23:17.6	04:40	22:08	4:25		00:00.0	22:16	4:27	22:06	4:25
M	Hall	Cody														23:04	4:36		
M	Overbaugh	William	12	13:45	4:35	13:39	4:33	20:37	5:16		00:00	21:52	4:22	24:29.0	04:53.8	23:05	4:37	20:56	4:11
M	Berry	Brennan	12	15:10	5:03	14:17	4:45	19:59	5:06	24:52.9	04:59			23:41.8	04:44.4	23:13	4:38		0:00
M	Werner	Jamison	9		0:00		0:00	0:00	0:00		00:00				00:00.0	26:04	5:12		0:00
M	Johnson	Zachary	9	14:34	4:51	15:02	5:00	21:02	5:22		00:00			27:50.0	05:34.0	27:25	5:29		0:00
M	Thornley	Timothy	9	19:49	6:36	19:41	6:33	25:29	6:31	33:01.5	06:36			33:40.7	06:44.1	31:21	6:16		0:00
M	Goodman	Dane	12	10:20	3:26	10:21	3:27	13:51	3:32	17:10.9	03:26	17:54	3:34	17:09.1	03:25.8		0:00	16:56	3:23
M	Mamrol	Peter	11	11:25	3:48	11:25	3:48	14:42	3:45	19:06.6	03:49			18:43.9	03:44.8		0:00		0:00
M	Stephens	Kenton	10	12:38	4:12	12:37	4:12	17:14	4:24	21:25.9	04:17	23:45	4:45	21:09.5	04:13.9		0:00	23:22	4:40
M	Ritter	Adam	9	22:00	7:20		0:00	0:00	0:00		00:00			33:42.8	06:44.6		0:00		0:00
M	Hurst	Ben			0:00		0:00	0:00	0:00	30:52.2	06:10				00:00.0		0:00		0:00
M	Johnson	Lucas	11		0:00		0:00	0:00	0:00		00:00				00:00.0		0:00		0:00
M	Kalis	Joe	10	10:52	3:37	10:42	3:34	14:15	3:38		00:00				00:00.0		0:00		0:00
M	Halloran	RJ	9	13:46	4:35		0:00	20:39	5:16		00:00				00:00.0		0:00		

Training Groups:

1	
Lane	
Talbot	
Walgren	

2	
Goodmar	Schlemme
Hepler	Wheatall
Wheatall	Mamrol

3	
Bauer	Mockta
Barnhart	Carpentier
Franks	Burkel
Parke	Nielsen
Nakada	Bailey

4	
Moore	Clark
Marsh	Rassmusun
Cosgrave	Kuelper
McLaughlii	Lenahan
Metzger	Haynes

5	
Nissenson	Stephens
Keech	Hall
Smith	Overbaugh
Lee	Berry
Jarvis	

6
Werner
Johnson
Thornley
Ritter
Hurst

3km Time Trial at Service 08/07/09						3km Race 08/15/09		BartlettRelays (Hilly) 3.91 km 8/22/09		Skyview Invite 2009 5km (Hilly) 8/29		Skyview Invite 2008		Lynx Invite 5km (Hilly) 9/5/2009		Palmer Invitational 2009 9/12/2009		Palmer Invitational 2008 9/6/2008	
Sex	**Last**	**First**	**Grade**	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace	time	1km pace
F	Northey	Jenette	9	12:58	4:19	12:23	4:07	16:37	4:14	20:29.7	04:06			20:18.2	04:03.6	20:06	4:01		
F	Miner	Robin	12	12:31	4:10	13:00	4:20	17:39	4:30		00:00	21:42	4:20	22:08.5	04:25.7	20:47	4:09	20:55	4:11
F	Okeson	Alex	9	13:42	4:34	12:39	4:13	17:30	4:28	21:13.0	04:15			21:29.0	04:17.8	20:51	4:10		0:00
F	Smith	Sadie	9		0:00		0:00	18:31	4:44	22:11.0	04:26			22:05.4	04:25.1	21:00	4:12		0:00
F	Jarvis	Sarah	12	13:25	4:28	12:48	4:16	17:32	4:29	21:44.7	04:21	23:47	4:45	22:03.6	04:24.7	21:11	4:14	22:14	4:26
F	Muller-Stu	Krystal	12	12:53	4:17	13:01	4:20	17:20	4:25	21:27.5	04:17	22:19	4:27	21:25.2	04:17.0	21:18	4:15	21:06	4:13
F	Xavier	Hannah	9	14:04	4:41	13:17	4:25	17:29	4:28	21:51.3	04:22			22:36.0	04:31.2	21:21	4:16		0:00
F	Halloran	Madison	12	13:19	4:26	12:57	4:19	17:33	4:29	21:43.2	04:21	22:44	4:32	21:49.5	04:21.9	21:28	4:17	21:55	4:23
F	Wheatall	Liz	10	13:05	4:21	12:42	4:14	17:58	4:35	22:02.1	04:24			22:08.9	04:25.8	21:57	4:23		0:00
F	Smedley	McKenzie	11	14:33	4:51	13:51	4:37	18:25	4:42	22:23.7	04:29	23:02	4:36	22:24.2	04:28.8	22:04	4:24	22:06	4:25
F	Hamre	Britta	10	14:36	4:52	13:47	4:35	18:46	4:47	22:59.8	04:36			22:24.7	04:28.9	22:10	4:26		0:00
F	Mockta	Tasha	9	13:49	4:36	13:35	4:31	18:26	4:42	23:19.2	04:40				00:00.0	22:25	4:29		0:00
F	Bay	Tessa	11				0:00	19:15	4:55	23:49.9	04:46			24:05.5	04:49.1	23:04	4:36	24:28	4:53
F	Seaman	Megan	11	15:12	5:04		0:00	20:00	5:06	24:28.2	04:54			24:00.7	04:48.1	23:21	4:40	23:21	4:40
F	Souders	Emma	12		0:00		0:00	20:58	5:21	25:12.0	05:02	26:37	5:19	25:01.0	05:00.2	23:23	4:40	23:48	4:45
F	Martin	Kristin	9	14:02	4:40	13:59	4:39	19:42	5:02		00:00			24:48.3	04:57.7	23:28	4:41		0:00
F	Allen	Sarah	11					0:00				21:35	4:19		00:00.0	23:38	4:43	21:46	4:21
F	Souders	Hannah	10	15:46	5:15	15:00	5:00	20:20	5:12	24:48.8	04:58	26:51	5:22	25:45.6	05:09.1	23:44	4:44	24:04	4:48
F	Hamre	Celeste	10	14:34	4:51	14:03	4:41	19:12	4:54	24:05.3	04:49	27:01	5:24	24:20.4	04:52.1	23:48	4:45	25:09	5:01
F	Pruszensk	Jordan	10	14:03	4:41	14:23	4:47	19:03	4:52	25:48.8	05:10	22:50	4:34	24:10.2	04:50.0	24:26	4:53	22:07	4:25
F	Templin	Julie				16:39	5:33	21:19	5:27		00:00			26:35.7	05:19.1	24:42	4:56	26:13	5:14
F	Harren	Mia	10		0:00	15:49	5:16	22:05	5:38	25:55.8	05:11	26:23	5:16	26:23.6	05:16.7	25:28	5:05		0:00
F	Shields	Rachel				16:54	5:38	22:37	5:47	27:12.9	05:27			26:57.6	05:23.5	27:11	5:26		0:00
F	Bascome	Makala	12	20:02	6:40	19:13	6:24	0:00		30:51.3	06:10	30:30	6:06		00:00.0	28:53	5:46	29:59	5:59
F	Hanson	Rose	11	18:18	6:06	17:36	5:52	23:55	6:07	28:35.6	05:43			30:55.6	06:11.1	29:08	5:49		0:00
F	Marsh	Sarah	9	18:51	6:17	17:41	5:53	22:59	5:52	30:13.8	06:03				00:00.0	29:28	5:53		0:00
F	Wee	Esther	11		0:00		0:00	26:25	6:45		00:00			29:11.9	05:50.4	29:43	5:56		0:00
F	Bieganski	Rachel	9		0:00		0:00	26:30	6:46	32:08.5	06:26				00:00.0	33:25	6:41		0:00
F	Cho	Su Yun				16:57	5:39	0:00	0:00		00:00			27:44.8	05:33.0		0:00		0:00
F	Brown	Taylor	10	16:38	5:32		0:00	0:00	0:00		00:00			29:01.5	05:48.3		0:00		0:00
F	Deren	Nicole	12	15:09	5:03	14:30	4:50	20:12	5:09	23:22.9	04:41	23:13	4:38		00:00.0		0:00		0:00
F	Leaman	Rachel	12	15:47	5:15	13:51	4:37	18:52	4:49	23:25.0	04:41	25:27	5:05		00:00.0		0:00	23:53	4:46
F	Templin	Molly				14:59	4:59	0:00	0:00		00:00				00:00.0				
F	Kroloff	Emma	12		0:00	12:09	4:03	16:31	4:13		00:00	19:59	3:59		00:00.0				
F	Lenahan	Brittney	10	15:13	5:04	14:43	4:54	19:22	4:57		00:00				00:00.0				

Training Groups:

1	
Northey	Jarvis
Miner	Muller-Stubblefield
Okeson	Xavier
Smith	Halloran

2
Wheatall
Smedley
Hamre
Mockta
Bay

3	
Seaman	Allen
Souders	Souders
Martin	Hamre
Deren	Pruszenski
Leaman	Templin

4	
Shields	Lenahan
Bascome	Wee
Hanson	Bieganski
Marsh	