

85%

August 23, 2011

| | | | | | | |
|---|------------|-----------|---|------|------|------|
| m | Berney | Trevor | a | 5:35 | 5:30 | 5:35 |
| m | Berz | Brandon | a | 5:35 | 5:30 | 5:35 |
| m | Casco | Joseph | a | 5:35 | 5:30 | 5:25 |
| m | Elerts | Perry | a | 5:40 | 5:30 | 5:25 |
| m | Enriquez | Jacob | a | 5:53 | 5:53 | 5:57 |
| m | Gibeault | Ryan | a | 5:53 | | |
| m | Goldie | Jordan | a | 5:49 | 5:43 | 5:43 |
| m | McAbee | Ethan | a | 5:52 | 5:40 | 5:55 |
| m | Meier | Nathan | a | 5:40 | 5:30 | 5:35 |
| m | Parrish | Tyler | a | 5:40 | 5:30 | 5:23 |
| m | Sanchez | Robert | a | 5:50 | 5:44 | 5:47 |
| m | Schupp | Adam | a | 5:40 | 5:31 | 5:42 |
| m | Templeton | Weston | a | 5:55 | 5:49 | 5:50 |
| m | Tompkins | Joey | a | 6:00 | 5:58 | 6:00 |
| m | Torres | Nathan | a | 5:20 | 5:24 | 5:18 |
| m | Torres | Jonathan | a | 5:50 | 5:40 | 5:43 |
| m | Aguirre | Ryan | b | 6:10 | 6:20 | 6:25 |
| f | Amiot | Taylor | b | 6:55 | 6:57 | 6:45 |
| m | Cleland | Mitchel | b | 5:58 | 6:12 | 6:34 |
| m | Dhruva | Anirudhha | b | 5:58 | | |
| f | Fatten | Katelyn | b | 6:45 | 6:52 | 6:58 |
| f | Garside | Lisa | b | 6:45 | 6:42 | 6:34 |
| f | Graham | Kimberli | b | 7:00 | | |
| f | Gutierrez | Iveth | b | 6:45 | 6:40 | 6:27 |
| m | Gutzmann | Brendon | b | 6:10 | | |
| m | Gutzmann | Parker | b | 6:10 | | |
| m | Hernandez | Vincent | b | 5:50 | 6:20 | 6:25 |
| f | Jaramillo | Emma | b | 6:25 | | |
| m | Mihalik | Dillon | b | 6:10 | | |
| m | Penate | Gabriel | b | 6:10 | | |
| m | Phalen | Rolando | b | 6:30 | | |
| f | Porter | Bayleigh | b | 6:45 | 6:42 | 6:31 |
| m | Pungaew | Tim | b | 6:30 | | |
| m | Rasmussen | Ryan | b | 6:30 | 6:40 | 6:41 |
| m | Rosales | Jake | b | 6:10 | 6:05 | 6:03 |
| m | Sakinger | Dalton | b | 6:10 | | |
| f | Saucedo | Savannah | b | 7:10 | | |
| f | Serna | Cecilia | b | 6:50 | 6:53 | 6:59 |
| f | Sherman | Morgan | b | 7:10 | | |
| f | Soholt | Lauren | b | 7:00 | 7:04 | 6:58 |
| f | Suarez | Sabrina | b | 7:05 | 7:07 | DNF |
| m | Villanueva | Seth | b | 6:10 | | |
| f | Werley | Raelyn | b | 6:05 | | |

→ 3.3 MILE AEROBIC WARM UP.

→ 5X 1:40-1:50 ON DAUGHTY HILL

→ JOG 1 MILE TO SCHOOL, 2X 1600 AT 85% OF MVDZ TARGET.

3:00 REST.

6:25 6:07