

September 6, 2011 threshold

				2 mile	1 mile	2 mile	rest: 3:00, 1:00,	
Berz	Brandon	a	5:40					
Elerts	Perry	a	5:40	11:23	5:37	11:36		
Torres	Nathan	a	5:40	11:23	5:37	11:26		
Parrish	Tyler	a	5:40	11:23	5:37	11:25		
Schupp	Adam	a	5:45	11:36	5:37	11:58		
Casco	Joseph	a	5:48	11:23	5:37	11:36		
Meier	Nathan	a	5:48	11:23	5:37	11:41		
Berney	Trevor	a	5:53	11:36	5:47			
McAbee	Ethan	a	5:55	11:54	5:58	12:33		
Goldie	Jordan	a	5:58	12:03	6:01	12:20		
Sanchez	Robert	a	6:00	12:03	6:01	12:30		
Torres	Jonathan	a	6:00	11:52	5:54	11:57		
Templeton	Weston	a	6:15	12:15	6:14	12:25		
Gibeault	Ryan	a	6:18	12:15	6:14	12:25		
Cleland	Mitchel	a	6:25	12:20	6:26	12:38		
Tompkins	Joey	a	6:30	12:20	6:26	12:50		
Enriquez	Jacob	a	6:32	12:45	6:28	13:25		

				1 mile	1 mile	1 mile	1 mile	1 mile
Seckinger	Dalton	b	6:20	5:50	6:04	6:00	5:58	6:03
Hernandez	Vincent	b	6:20	6:02	6:20	6:27		
Dhruva	Anirudhha	b	6:30	6:29	6:41	6:48		
Pungeaw	Tim	b	6:30	6:28	6:38	6:27	6:37	6:29
Werley	Raelyn	b	6:35	6:30	6:32	6:32	6:34	6:32
Rosales	Jake	b	6:38	6:02	6:22	6:21	6:32	6:29
Jaramillo	Emma	b	6:38					
Penate	Gabriel	b	6:40	6:30	6:40	6:59		
Rasmussen	Ryan	b	6:40	6:28	6:29	6:26	6:32	6:44
Mihalik	Dillon	b	6:40	6:30	6:50			
Aguirre	Ryan	b	6:40					
Gutierrez	Iveth	b	6:42	6:35	6:45	6:38	7:19	6:55
Garside	Lisa	b	6:50					
Beulieu	Taylor	b	6:50	6:30	6:40	6:27	6:37	6:29
Porter	Bayleigh	b	6:55	6:41	6:45	6:48	7:01	6:53
Fatten	Katelyn	b	7:00	6:55	7:15	7:15	7:20	7:30
Amiot	Taylor	b	7:00	6:50	6:58	6:49	7:06	7:11
Serna	Cecilia	b	7:00	6:55	7:32	7:50	7:54	7:50
Saucedo	Savannah	b	7:10					
Soholt	Lauren	b	7:10	6:57	7:19	7:20	7:30	7:34
Graham	Kimberli	b	7:15	7:33				

rest: :30-:40 secs