

Athlete	Event(s)	200m	400m	600m	800m	1000m	1200m	1400m	1500M/1600m	1800m	2000m	2200m	2400m	2600m	2800m	3000m	3200m	Place	Avg. 200m	Avg. Mile	
Kevin Jablonski	3200m	00:38.62	01:17.24	01:54.09	02:30.38	03:08.84	03:47.52	04:26.99	05:06.58	05:45.74	06:25.16	07:05.49	07:45.49	08:25.38	09:06.15	09:47.00	10:26.25	12	39.14	5:13.12	
		00:38.62	00:38.62	00:36.85	00:36.29	00:38.46	00:38.68	00:39.47	00:39.59	00:39.16	00:39.42	00:40.33	00:40.00	00:39.89	00:40.77	00:40.85	00:39.25				
Matt Stoutz	3200m	00:39.64	01:19.51	01:59.69	02:40.33	03:21.45	04:02.83	04:44.58	05:27.00	06:08.40	06:52.56	07:35.85	08:18.85	09:02.18	09:45.52	10:27.00	11:05.65	16	41.60	5:32.82	
		00:39.64	00:39.87	00:40.18	00:40.64	00:41.12	00:41.38	00:41.75	00:42.42	00:41.40	00:44.16	00:43.29	00:43.00	00:43.33	00:43.34	00:41.48	00:38.65				
Rachel Malone	4x800m	00:34.74	01:12.71	01:51.90	02:30.46	-	-	-	-	-	-	-	-	-	-	-	-	2	09.40	1:15.23	
		00:34.74	00:37.97	00:39.19	00:38.56	-	-	-	-	-	-	-	-	-	-	-	-				
	Regressive Relay	00:33.18	01:08.69	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9	34.35	4:34.76	
	1500m	00:33.18	00:35.51	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Jane Rosenthal	4x800m	00:40.06	01:22.16	02:04.97	02:47.00	03:30.00	04:12.00	04:51.00	05:12.13	-	-	-	-	-	-	-	-	4	41.62	5:32.94	
		00:40.06	00:42.10	00:42.81	00:42.03	00:43.00	00:42.00	00:39.00	00:21.13	-	-	-	-	-	-	-	-				
	1500m	00:33.56	01:09.86	01:49.32	02:30.25	-	-	-	-	-	-	-	-	-	-	-	-	2	37.56	5:00.50	
	00:33.56	00:36.30	00:39.46	00:40.93	-	-	-	-	-	-	-	-	-	-	-	-	-				
Angie Zabltny	4x800m	00:40.06	01:22.16	02:04.97	02:48.00	03:31.00	04:15.00	04:56.00	05:16.92	-	-	-	-	-	-	-	-	7	42.26	5:38.05	
		00:40.06	00:42.10	00:42.81	00:43.03	00:43.00	00:44.00	00:41.00	00:20.92	-	-	-	-	-	-	-	-				
	4x400m	00:32.75	01:08.47	01:48.16	02:26.98	-	-	-	-	-	-	-	-	-	-	-	-	2	36.75	4:53.96	
Ashton Hughes	4x800m	00:32.75	00:35.72	00:39.69	00:38.82	-	-	-	-	-	-	-	-	-	-	-	-	1	31.77	4:14.16	
		00:29.93	01:03.54	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
	1500m	00:29.93	00:33.61	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
	00:32.75	01:10.50	01:50.03	02:30.09	-	-	-	-	-	-	-	-	-	-	-	-	-	2	37.52	5:00.18	
Ian Steltmann	4x800m	00:33.75	00:37.75	00:39.53	00:40.06	-	-	-	-	-	-	-	-	-	-	-	-				
		00:40.06	01:22.16	02:04.97	02:47.00	03:30.00	04:12.00	04:50.00	05:08.70	-	-	-	-	-	-	-	-	1	41.16	5:29.28	
	00:40.06	00:42.10	00:42.81	00:42.03	00:43.00	00:42.00	00:38.00	00:18.70	-	-	-	-	-	-	-	-	-				
Simon Ghebrevoldi	4x800m	00:29.00	01:02.03	01:34.79	02:07.70	-	-	-	-	-	-	-	-	-	-	-	-	3	31.93	4:15.40	
Cameron Johnson	4x800m	00:29.00	00:33.03	00:32.76	00:32.91	-	-	-	-	-	-	-	-	-	-	-	-	3	32.27	4:18.18	
		00:30.24	01:01.80	01:34.87	02:09.09	-	-	-	-	-	-	-	-	-	-	-	-				
Justin Green	4x800m	00:30.24	00:31.56	00:33.07	00:34.22	-	-	-	-	-	-	-	-	-	-	-	-	3	31.84	4:14.74	
		00:28.00	00:57.69	01:31.51	02:07.37	-	-	-	-	-	-	-	-	-	-	-	-				
Oren Merberg	Double 4x200m	00:28.00	00:29.69	00:33.82	00:35.86	-	-	-	-	-	-	-	-	-	-	-	-	3	32.21	4:17.68	
		00:29.17	01:01.96	01:35.96	02:08.84	-	-	-	-	-	-	-	-	-	-	-	-				
Jake Norris	Double 4x200m	00:29.17	00:32.79	00:34.00	00:32.88	-	-	-	-	-	-	-	-	-	-	-	-	12	32.76	4:22.04	
		00:31.06	01:05.51	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Dan Roche	Double 4x200m	00:31.06	00:34.45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	30.63	4:05.08	
		00:28.40	01:01.27	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Dan Staton	Double 4x200m	00:28.40	00:32.87	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	29.61	3:56.88	
		00:28.81	00:59.22	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Sean Reid	DMR	00:28.81	00:30.41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	32.13	4:17.04	
		00:29.99	01:04.26	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Seth Taggart	DMR	00:29.99	00:34.27	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14	40.14	5:21.09	
		00:36.96	01:14.10	01:53.97	02:35.73	03:18.34	04:00.82	-	-	-	-	-	-	-	-	-	-				
Nick Lowry	DMR	00:36.96	00:37.14	00:39.87	00:41.76	00:42.61	00:42.48	-	-	-	-	-	-	-	-	-	-	14	34.04	4:32.32	
		00:31.51	01:08.08	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Kyle Ephraim	DMR	00:31.51	00:36.57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14	37.25	4:58.04	
		00:32.71	01:09.02	01:48.46	02:29.02	-	-	-	-	-	-	-	-	-	-	-	-				
Laurne Burke	4x200m	00:32.71	00:36.31	00:39.44	00:40.56	-	-	-	-	-	-	-	-	-	-	-	-	14	42.90	5:43.22	
		00:37.23	01:17.07	01:59.06	02:43.37	03:28.34	04:13.10	04:58.06	05:43.22	-	-	-	-	-	-	-	-				
Laurne Burke	4x400m	00:37.23	00:39.84	00:41.99	00:44.31	00:44.97	00:44.76	00:44.96	00:45.16	-	-	-	-	-	-	-	-	1	26.85	3:34.80	
		00:26.85	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
		00:26.85	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	31.66	4:13.24	

	4x400m	00:31.46	00:31.85	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	31.00	4:13.27
Julia Sanger	4x200m	00:28.02	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	28.02	3:44.16
		00:28.02	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Michelle Barnum	4x200m	00:28.23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	28.23	3:45.84
		00:28.23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
	4x400m	00:29.98	01:03.61	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	31.81	4:14.44
		00:29.98	00:33.63	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Emily Renna	4x200m	00:28.06	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	28.06	3:44.48
		00:28.06	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Boys A	4x200m	00:26.39	00:53.25	01:19.76	01:44.79	-	-	-	-	-	-	-	-	-	-	-	-	-	15	26.20	3:29.58
		00:26.39	00:26.86	00:26.51	00:25.03	-	-	-	-	-	-	-	-	-	-	-	-	-			
Emma Dustman	Regressive Relay	00:37.62	01:18.50	02:01.91	02:47.25	03:33.04	-	-	-	-	-	-	-	-	-	-	-	-	9	42.61	5:40.86
		00:37.62	00:40.88	00:43.41	00:45.34	00:45.79	-	-	-	-	-	-	-	-	-	-	-	-			
Ashley Ghaemi	Regressive Relay	00:41.77	01:24.40	02:11.90	03:02.88	-	-	-	-	-	-	-	-	-	-	-	-	-	9	45.72	6:05.76
		00:41.77	00:42.63	00:47.50	00:50.98	-	-	-	-	-	-	-	-	-	-	-	-	-			
Megan Stoutz	Regressive Relay	00:38.90	01:23.59	02:09.02	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9	43.01	5:44.05
		00:38.90	00:44.69	00:45.43	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Brandon Bachstien	Regressive Relay	00:34.29	01:10.11	01:46.86	02:24.80	02:57.49	-	-	-	-	-	-	-	-	-	-	-	-	6	35.50	4:43.98
		00:34.29	00:35.82	00:36.75	00:37.94	00:32.69	-	-	-	-	-	-	-	-	-	-	-	-			
Alex Gilmore	Regressive Relay	00:31.40	01:04.54	01:39.23	02:13.74	-	-	-	-	-	-	-	-	-	-	-	-	-	6	33.43	4:27.48
		00:31.40	00:33.14	00:34.69	00:34.51	-	-	-	-	-	-	-	-	-	-	-	-	-			
Mike Mastro	Regressive Relay	00:30.36	01:03.16	01:38.25	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6	32.75	4:22.00
		00:30.36	00:32.80	00:35.09	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Scott Lang	Regressive Relay	00:29.69	01:01.73	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6	30.86	4:06.92
		00:29.69	00:32.04	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Lauren Star	SMR	00:38.02	01:18.20	02:01.36	02:43.29	-	-	-	-	-	-	-	-	-	-	-	-	-	11	40.82	5:26.58
		00:38.02	00:40.18	00:43.16	00:41.93	-	-	-	-	-	-	-	-	-	-	-	-	-			
Jillian Gueli	SMR	00:30.15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	30.15	4:01.20
		00:30.15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Tylyn Martin	SMR	00:28.02	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	28.02	3:44.16
		00:30.60	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Emma Dustman	SMR	00:35.00	01:11.34	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	35.67	4:45.36
		00:35.00	00:36.34	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Mark Lukenbill	SMR	00:36.50	01:11.69	01:48.62	02:29.06	-	-	-	-	-	-	-	-	-	-	-	-	-	17	37.26	4:58.12
		00:36.50	00:35.19	00:36.93	00:40.44	-	-	-	-	-	-	-	-	-	-	-	-	-			
Shea Hall	SMR	00:29.56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17	29.56	3:56.48
		00:29.56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Charlie Raycraft	SMR	00:28.02	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17	28.02	3:44.16
		12:26.28	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Dan Raycraft	SMR	00:29.75	01:01.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17	30.50	4:04.00
		00:29.75	00:31.25	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Janessa Matthews	4x400m	00:29.25	01:03.75	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	31.87	4:15.00
		00:29.25	00:34.50	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Justin Green	4x400m	00:24.48	00:52.87	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	26.44	3:31.48
		00:24.48	00:28.39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Cameron Johnson	4x400m	00:26.43	00:55.71	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	27.86	3:42.84
		00:26.43	00:29.28	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Ian Steltmann	4x400m	00:26.49	00:54.26	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	27.13	3:37.04
		00:26.49	00:27.77	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Peter Larmann	4x400m	00:24.78	00:54.23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	27.11	3:36.92

