

Athlete	Event(s)	200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m	2200m	2400m	2600m	2800m	3000m	3200m	Place	Avg. 200m	Avg. Mile
Ashton Hughes	3k	00:39.30	01:21.99	02:05.12	02:48.18	03:32.52	04:16.58	05:01.25	05:46.24	06:31.37	07:16.61	08:03.39	08:49.74	09:36.64	10:21.58	11:00.98	-	3	44.07	5:52.52
		00:39.30	00:42.69	00:43.13	00:43.06	00:44.34	00:44.06	00:44.67	00:44.99	00:45.13	00:45.24	00:46.78	00:46.35	00:46.90	00:44.94	00:39.40	-			
Adam Staveski	3200m	00:36.00	01:15.00	01:54.32	02:34.35	03:14.89	03:54.66	04:34.97	05:18.04	06:00.51	06:40.91	07:21.00	08:04.00	08:47.00	09:27.00	10:07.00	10:48.61	4	40.54	5:24.31
		00:36.00	00:39.00	00:39.32	00:40.03	00:40.54	00:39.77	00:40.31	00:40.97	00:43.07	00:42.47	00:40.40	00:40.09	00:43.00	00:43.00	00:40.00	00:41.61			
Jack Scott	3200m	00:36.00	01:15.00	01:54.32	02:34.35	03:14.89	03:54.66	04:34.97	05:17.01	06:00.51	06:40.91	07:23.55	08:06.98	08:50.45	09:34.00	10:17.00	11:00.48	8	41.28	5:30.24
		00:36.00	00:39.00	00:39.32	00:40.03	00:40.54	00:39.77	00:40.31	00:42.04	00:43.50	00:40.40	00:42.64	00:43.43	00:43.47	00:43.55	00:43.00	00:43.48			
Jane Rosenthal	600m	00:36.49	01:12.58	01:50.01	-	-	-	-	-	-	-	-	-	-	-	-	-	9	36.67	4:53.36
		00:36.49	00:36.09	00:37.43	-	-	-	-	-	-	-	-	-	-	-	-	-			
Peter Larmann	600m	00:31.01	01:02.69	01:33.77	-	-	-	-	-	-	-	-	-	-	-	-	-	12	31.26	4:10.05
		00:31.01	00:31.68	00:31.08	-	-	-	-	-	-	-	-	-	-	-	-	-			
Brandon Bachstien	600m	00:31.01	01:02.69	01:33.91	-	-	-	-	-	-	-	-	-	-	-	-	-	13	31.30	4:10.43
		00:31.01	00:31.68	00:31.22	-	-	-	-	-	-	-	-	-	-	-	-	-			
Alex Gilmore	600m	00:29.10	01:00.60	01:36.19	-	-	-	-	-	-	-	-	-	-	-	-	-	18	32.06	4:16.51
		00:29.10	00:31.50	00:35.59	-	-	-	-	-	-	-	-	-	-	-	-	-			
Girls A	4x200m	00:31.34	01:02.33	01:37.94	02:14.82	-	-	-	-	-	-	-	-	-	-	-	-	15	33.71	4:29.64
		00:31.34	00:30.99	00:35.61	00:36.88	-	-	-	-	-	-	-	-	-	-	-	-			
Boys A	4x200m	00:26.44	00:52.19	01:21.44	01:48.73	-	-	-	-	-	-	-	-	-	-	-	-	10	27.18	3:37.46
		00:26.44	00:25.75	00:29.25	00:27.29	-	-	-	-	-	-	-	-	-	-	-	-			
Rachel Malone	1k	00:37.62	01:15.32	01:54.39	02:34.73	03:12.97	-	-	-	-	-	-	-	-	-	-	-	3	38.59	5:08.75
		00:37.62	00:37.70	00:39.07	00:40.34	00:38.24	-	-	-	-	-	-	-	-	-	-	-			
Angie Zablotny	1k	00:37.62	01:15.32	01:54.39	02:34.73	03:13.33	-	-	-	-	-	-	-	-	-	-	-	4	38.67	5:09.33
		00:37.62	00:37.70	00:39.07	00:40.34	00:38.60	-	-	-	-	-	-	-	-	-	-	-			
Emma Dustman	1k	00:38.67	01:19.40	02:03.21	02:49.54	03:35.30	-	-	-	-	-	-	-	-	-	-	-	17	43.06	5:44.48
		00:38.67	00:40.73	00:43.81	00:46.33	00:45.76	-	-	-	-	-	-	-	-	-	-	-			
Justin Green	1k	00:31.61	01:05.67	01:40.70	02:17.26	02:49.79	-	-	-	-	-	-	-	-	-	-	-	3	33.96	4:31.66
		00:31.61	00:34.06	00:35.03	00:36.56	00:32.53	-	-	-	-	-	-	-	-	-	-	-			
Ian Stellmann	1k	00:32.62	01:06.68	01:41.80	02:18.39	02:51.01	-	-	-	-	-	-	-	-	-	-	-	4	34.20	4:33.62
		00:32.62	00:34.06	00:35.12	00:36.59	00:32.62	-	-	-	-	-	-	-	-	-	-	-			
Simon Ghebrevoldi	1k	00:32.14	01:05.94	01:41.00	02:17.98	02:51.61	-	-	-	-	-	-	-	-	-	-	-	6	34.32	4:34.58
		00:32.14	00:33.80	00:35.06	00:36.98	00:33.63	-	-	-	-	-	-	-	-	-	-	-			
Kevin Jablonski	1k	00:33.40	01:07.76	01:43.74	02:20.76	02:54.58	-	-	-	-	-	-	-	-	-	-	-	9	34.92	4:39.33
		00:33.40	00:34.36	00:35.98	00:37.02	00:33.82	-	-	-	-	-	-	-	-	-	-	-			
Matt Stoutz	1600m	00:35.72	01:12.53	01:50.60	02:30.10	03:07.63	03:46.72	04:26.76	05:05.42	-	-	-	-	-	-	-	-	15	38.18	5:05.42
		00:35.72	00:36.81	00:38.07	00:39.50	00:37.53	00:39.09	00:40.04	00:38.66	-	-	-	-	-	-	-	-			
Will Karpie	1600m	00:36.63	01:14.51	01:53.03	02:32.95	03:13.41	03:53.70	04:33.16	05:09.15	-	-	-	-	-	-	-	-	16	38.64	5:09.15
		00:36.63	00:37.88	00:38.52	00:39.92	00:40.46	00:40.29	00:39.46	00:35.99	-	-	-	-	-	-	-	-			
Girls A	4x400m	00:34.73	01:11.03	01:48.25	02:29.50	03:00.90	03:40.22	04:18.46	04:59.51	-	-	-	-	-	-	-	-	10	37.44	4:59.51
		00:34.73	00:36.30	00:37.22	00:41.25	00:31.40	00:39.32	00:38.24	00:41.05	-	-	-	-	-	-	-	-			
Boys A	4x400m	00:29.18	01:01.79	01:33.79	02:11.85	02:45.39	03:22.22	03:51.06	04:26.31	-	-	-	-	-	-	-	-	13	33.29	4:26.31
		00:29.18	00:32.61	00:32.00	00:38.06	00:33.54	00:36.83	00:28.84	00:35.25	-	-	-	-	-	-	-	-			
Girls A	4x800m	00:34.65	01:11.42	01:51.69	02:31.40	03:07.71	03:48.08	04:33.23	05:15.92	05:51.36	06:30.11	07:10.40	07:50.59	08:26.25	09:05.00	09:48.21	10:29.83	1	39.36	5:14.92
		00:34.65	00:36.77	00:40.27	00:39.71	00:36.31	00:40.37	00:45.15	00:42.69	00:35.44	00:38.75	00:40.29	00:40.19	00:35.66	00:38.75	00:43.21	00:41.62			
Boys A	4x800m	00:33.96	01:09.05	01:46.43	02:23.40	03:00.17	03:39.22	04:18.14	04:55.99	05:31.31	06:11.74	06:56.38	07:38.51	08:13.30	08:53.08	09:35.65	10:17.18	8	38.57	5:08.59
		00:33.96	00:35.09	00:37.38	00:36.97	00:36.77	00:39.05	00:38.92	00:37.85	00:35.32	00:40.43	00:44.64	00:42.13	00:34.79	00:39.78	00:42.57	00:41.53			