

Athlete	Event(s)	200m	400m	600m	800m	1000m	1200m	1400m	1500m/1600m	1800m	2000m	2200m	2400m	2600m	2800m	3000m	3200m	Avg. 200m	Avg. Mile	Place
Lauren Star	1k	0:37.45	1:20.20	2:05.51	2:46.79	3:31.89	-	-	-	-	-	-	-	-	-	-	-	42.38	5:39.02	10
		37.45	42.75	45.31	41.28	45.10	-	-	-	-	-	-	-	-	-	-	-	-		
Emma Dustman	1k	0:37.45	1:22.20	2:05.51	2:50.18	3:33.18	-	-	-	-	-	-	-	-	-	-	-	42.64	5:41.09	12
		37.45	44.75	43.31	44.67	43.00	-	-	-	-	-	-	-	-	-	-	-	-		
Rachel Sanger	1k	0:39.04	1:23.08	2:12.34	3:02.51	3:44.62	-	-	-	-	-	-	-	-	-	-	-	44.92	5:59.39	24
		39.04	44.04	49.26	50.17	42.11	-	-	-	-	-	-	-	-	-	-	-	-		
Megan Stoutz	1k	0:42.75	1:28.10	2:16.94	3:08.84	3:56.92	-	-	-	-	-	-	-	-	-	-	-	47.38	6:19.07	40
		42.75	45.35	48.84	51.90	48.08	-	-	-	-	-	-	-	-	-	-	-	-		
Simon Ghebrevoldi	1k	0:31.52	1:05.05	1:40.83	2:17.70	2:51.93	-	-	-	-	-	-	-	-	-	-	-	34.39	4:35.09	10
		31.52	33.53	35.78	36.87	34.23	-	-	-	-	-	-	-	-	-	-	-	-		
	1600m	0:35.63	1:11.21	1:48.21	2:24.00	3:03.00	3:43.00	4:2X	4:58.71	-	-	-	-	-	-	-	-	37.17	4:58.71	9
		35.63	35.58	37.00	35.79	39.00	40.00	?	?	-	-	-	-	-	-	-	-	-		
Matt Spitzer	1k	?	1:06.80	?	2:21.63	2:57.08	-	-	-	-	-	-	-	-	-	-	-	35.45	4:43.60	17
		?	?	?	?	35.45	-	-	-	-	-	-	-	-	-	-	-	-		
	4x800m	0:32.00	1:11.00	1:52.00	2:29.54	-	-	-	-	-	-	-	-	-	-	-	-	37.39	4:59.08	3
		32.00	39.00	41.00	37.54	-	-	-	-	-	-	-	-	-	-	-	-	-		
Alex Gilmore	1k	0:34.78	1:09.54	1:45.87	2:25.91	3:00.94	-	-	-	-	-	-	-	-	-	-	-	36.19	4:49.50	24
		34.78	34.76	36.33	40.04	35.03	-	-	-	-	-	-	-	-	-	-	-	-		
	4x800m	0:32.00	1:08.00	1:45.00	2:20.24	-	-	-	-	-	-	-	-	-	-	-	-	35.06	4:40.48	3
		32.00	36.00	37.00	35.24	-	-	-	-	-	-	-	-	-	-	-	-	-		
Mark Lukenbill	1k	0:33.00	1:10.00	1:51.00	2:35.00	3:15.06	-	-	-	-	-	-	-	-	-	-	-	39.01	5:12.10	52
		33.00	37.00	41.00	44.00	40.06	-	-	-	-	-	-	-	-	-	-	-	-		
Andy Penner	1k	0:38.00	?	2:05.00	2:51.00	3:33.83	-	-	-	-	-	-	-	-	-	-	-	42.28	7:07.66	68
		38.00	?	?	46.00	42.83	-	-	-	-	-	-	-	-	-	-	-	-		
Seth	1k	0:40.00	1:26.00	2:16.06	3:07.00	3:49.88	-	-	-	-	-	-	-	-	-	-	-	45.98	6:07.81	73
		40.00	46.00	50.06	50.94	42.88	-	-	-	-	-	-	-	-	-	-	-	-		
Veronica Goodrich	3k	00:44.52	01:31.14	02:20.27	03:07.64	03:57.80	04:48.55	05:40.98	06:35.38	07:28.00	08:21.00	09:15.00	10:13.17	11:08.46	12:02.50	12:53.41	-	51.56	6:52.49	8
		44.52	46.62	49.13	47.37	50.16	50.75	52.43	54.40	52.62	53.00	54.00	58.17	55.29	54.04	50.91	-	-		
Kevin Jablonski	3200m	00:37.95	01:15.75	01:53.02	02:30.71	03:09.58	03:48.05	04:27.00	05:06.30	05:44.34	06:22.71	07:01.20	07:41.06	08:20.98	09:01.11	09:41.14	10:16.62	38.54	5:08.31	4
		37.95	37.80	37.27	37.69	38.87	38.47	38.95	39.30	38.04	38.37	38.49	39.86	39.92	40.13	40.03	35.48	-		
	1600m	0:35.63	1:11.21	1:47.21	2:23.00	2:59.00	?	4:17.00	4:52.04	-	-	-	-	-	-	-	-	35.67	5:33.76	5
		35.63	35.58	36.00	35.79	36.00	?	?	35.04	-	-	-	-	-	-	-	-	-		
Jane Rosenthal	600m	0:34.06	1:09.99	1:47.64	-	-	-	-	-	-	-	-	-	-	-	-	-	35.88	4:47.04	2
		34.06	35.93	37.65	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
	4x800m	0:37.00	1:15.00	1:55.50	2:35.82	-	-	-	-	-	-	-	-	-	-	-	-	38.96	5:11.64	2
		37.00	38.00	40.50	40.32	-	-	-	-	-	-	-	-	-	-	-	-	-		
Ian Steltmann	600m	0:28.81	0:58.93	1:29.05	-	-	-	-	-	-	-	-	-	-	-	-	-	29.68	3:57.47	2
		28.81	30.12	30.12	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
	4x800m	0:38.00	1:06.00	1:43.00	2:17.41	-	-	-	-	-	-	-	-	-	-	-	-	34.35	4:34.82	3
		38.00	28.00	37.00	34.41	-	-	-	-	-	-	-	-	-	-	-	-	-		
Justin Green	600m	0:29.37	0:59.95	1:30.07	-	-	-	-	-	-	-	-	-	-	-	-	-	30.02	4:00.19	3
		29.37	30.58	30.12	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Peter Larmann	600m	0:27.60	0:59.34	1:35.29	-	-	-	-	-	-	-	-	-	-	-	-	-	31.76	4:14.11	12
		27.60	31.74	35.95	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Scott Lang	600m	0:32.46	1:07.69	1:45.18	-	-	-	-	-	-	-	-	-	-	-	-	-	35.06	4:40.48	41
		32.46	35.23	37.49	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shea Hall	600m	0:33.67	1:11.37	1:50.20	-	-	-	-	-	-	-	-	-	-	-	-	-	36.73	4:53.87	T-55
		33.67	37.70	38.83	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Jesse Longo	600m	0:34.97	1:18.41	2:07.46	-	-	-	-	-	-	-	-	-	-	-	-	-	42.49	5:39.89	75
		34.97	43.44	49.05	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Ashton Hughes	1500m	0:40.00	1:21.04	2:03.51	2:45.61	3:28.88	4:11.89	4:53.08	5:12.56	-	-	-	-	-	-	-	-	41.67	5:33.40	2
		40.00	41.04	42.47	42.10	43.27	43.01	41.19	19.48	-	-	-	-	-	-	-	-	-		
	4x800m	?	1:19.00	1:59.00	2:40.22	-	-	-	-	-	-	-	-	-	-	-	-	40.05	5:20.44	2
		?	?	40.00	41.22	-	-	-	-	-	-	-	-	-	-	-	-	-		
Rachel Malone	1500m	0:39.00	1:21.04	2:03.51	2:45.61	3:28.88	4:13.68	4:56.41	5:14.28	-	-	-	-	-	-	-	-	39.28	5:14.28	3
		39.00	42.04	42.47	42.10	43.27	44.80	42.73	17.87	-	-	-	-	-	-	-	-	-		
	4x800m	0:38.00	1:16.00	1:59.00	2:39.92	-	-	-	-	-	-	-	-	-	-	-	-	39.98	5:19.84	2
		38.00	38.00	43.00	40.92	-	-	-	-	-	-	-	-	-	-	-	-	-		
Girls A	4x200m	0:29.92	0:58.23	1:26.57	1:56.67	-	-	-	-	-	-	-	-	-	-	-	-	29.17	3:53.34	3
		29.92	28.31	28.34	30.10	-	-	-	-	-	-	-	-	-	-	-	-	-		
Boys A	4x200m	0:24.94	0:49.22	1:14.53	1:39.80	-	-	-	-	-	-	-	-	-	-	-	-	24.95	3:19.60	2
		24.94	24.28	25.31	25.27	-	-	-	-	-	-	-	-	-	-	-	-	-		
Lauren Burke	4x800m	0:36.00	1:14.00	1:55.00	2:35.00	-	-	-	-	-	-	-	-	-	-	-	-	38.75	5:10.00	2
		36.00	38.00	41.00	40.00	-	-	-	-	-	-	-	-	-	-	-	-	-		
Cameron Johnson	4x800m	0:32.00	1:06.00	1:40.00	2:14.17	-	-	-	-	-	-	-	-	-	-	-	-	33.54	4:28.34	3
		32.00	34.00	34.00	34.17	-	-	-	-	-	-	-	-	-	-	-	-	-		

Athlete	Event(s)	200m	400m	600m	800m	1000m	1200m	1400m	1500m/1600m	Avg. 200m	Avg. Mile	Place
Emily Renna	4x200m	0:28.50	-	-	-	-	-	-	-	28.50	3:48.00	2
		28.50	-	-	-	-	-	-	-			
Lauren Burke	4x200m	0:27.30	-	-	-	-	-	-	-	27.30	3:38.40	2
		27.30	-	-	-	-	-	-	-			
	600m	0:32.30	1:06.50	<b>1:41.30</b>	-	-	-	-	-	33.77	4:30.13	1
		32.30	34.20	34.80	-	-	-	-	-			
Janessa Mathews	4x200m	0:28.50	-	-	-	-	-	-	-	28.50	3:48.00	2
		28.50	-	-	-	-	-	-	-			
Michelle Barnum	4x200m	0:28.01	-	-	-	-	-	-	-	28.01	3:44.08	2
		28.01	-	-	-	-	-	-	-			
	600m	0:34.58	1:10.45	<b>1:46.73</b>	-	-	-	-	-	35.58	4:44.61	5
		34.58	35.87	36.28	-	-	-	-	-			
Rachel Malone	4x200m	0:29.74	-	-	-	-	-	-	-	29.74	3:57.92	8
		29.74	-	-	-	-	-	-	-			
	1500m	0:20.20	1:00.58	1:41.90	2:24.64	3:06.96	3:50.95	4:34.89	<b>5:13.12</b>	41.75	5:33.99	3
		20.20	40.38	41.32	42.74	42.32	43.99	43.94	38.23			
Angie Zablony	4x200m	0:28.76	-	-	-	-	-	-	-	28.76	3:50.08	8
		28.76	-	-	-	-	-	-	-			
	600m	0:34.58	1:10.45	<b>1:45.55</b>	-	-	-	-	-	35.18	4:41.47	3
		34.58	35.87	35.10	-	-	-	-	-			
Jane Rosenthal	4x200m	0:30.56	-	-	-	-	-	-	-	30.56	4:04.48	8
		30.56	-	-	-	-	-	-	-			
	1500m	0:20.20	1:00.58	1:41.90	2:24.64	3:08.18	3:53.40	4:39.30	<b>5:24.10</b>	43.21	5:45.71	6
		20.20	40.38	41.32	42.74	43.54	45.22	45.90	44.80			
Ashton Hughes	4x200m	0:29.81	-	-	-	-	-	-	-	29.81	3:58.48	8
		29.81	-	-	-	-	-	-	-			
	600m	0:35.00	1:12.81	<b>1:50.30</b>	-	-	-	-	-	36.77	4:54.13	10
		35.00	37.81	37.49	-	-	-	-	-			
Girls C	4x200m	0:30.63	1:01.38	1:31.66	<b>2:04.94</b>	-	-	-	-	31.23	4:09.88	15
		30.63	30.75	30.28	33.28	-	-	-	-			
Ian Steltmann	4x200m	0:25.12	-	-	-	-	-	-	-	25.12	3:20.96	5
		25.12	-	-	-	-	-	-	-			

Justin Green	4x200m	0:23.96	-	-	-	-	-	-	-	23.96	3:11.68	5
		23.96	-	-	-	-	-	-	-			
	600m	0:28.78	0:58.64	<b>1:29.35</b>	-	-	-	-	-	29.78	3:58.27	4
		28.78	29.86	30.71	-	-	-	-	-			
Peter Larmann	4x200m	0:24.32	-	-	-	-	-	-	-	24.32	3:14.56	5
		24.32	-	-	-	-	-	-	-			
Ulysses Miles	4x200m	0:25.59	-	-	-	-	-	-	-	25.59	3:24.72	5
		25.59	-	-	-	-	-	-	-			
Veronica Goodrich	1500m	?	?	?	?	?	?	?	<b>5:54.76</b>	47.30	6:18.41	18
		?	42.06	46.02	48.42	49.78	51.41	50.46	45.03			
Adam Staveski	1600m	?	?	?	2:30.00	?	?	?	<b>5:08.35</b>	38.54	5:08.35	24
		?	?	?	?	?	?	?	?			
Matt Stoutz	1600m	0:36.98	1:14.91	1:55.66	?	3:11.41	3:50.91	4:31.00	<b>5:08.50</b>	38.56	5:08.50	25
		36.98	37.93	40.75	?	?	39.50	40.09	37.50			
Will Karpie	1600m	0:38.06	1:16.64	1:55.66	2:35.91	3:16.28	3:59.10	4:42.87	<b>5:22.51</b>	40.31	5:22.51	39
		38.06	38.58	39.02	40.25	40.37	42.82	43.77	39.64			
Jack Scott	1600m	0:35.65	?	?	2:33.00	?	?	?	<b>5:23.23</b>	40.40	5:23.23	40
		35.65	?	?	?	?	?	?	?			
Nick Lowry	1600m	?	?	?	2:36.00	?	?	?	<b>5:31.26</b>	41.41	5:31.26	45
		?	?	?	?	?	?	?	?			
Kyle Ephraim	1600m	?	?	?	2:41.00	?	?	?	<b>5:35.31</b>	41.91	5:35.31	49
		?	?	?	?	?	?	?	?			
Sean Reid	1600m	?	?	?	2:41.00	?	?	?	<b>5:35.40</b>	41.93	5:35.40	50
		?	?	?	?	?	?	?	?			
Megan Stoutz	600m	0:39.69	1:21.63	<b>2:04.67</b>	-	-	-	-	-	41.56	5:32.45	37
		39.69	41.94	43.04	-	-	-	-	-			
Asley Ghaemi	600m	0:39.52	1:22.77	<b>2:09.46</b>	-	-	-	-	-	43.15	5:45.23	45
		39.52	43.25	46.69	-	-	-	-	-			
Matt Spitzer	600m	?	1:00.70	<b>1:32.43</b>	-	-	-	-	-	30.81	4:06.48	11
		?	?	31.73	-	-	-	-	-			
Simon Ghebrevoldi	600m	0:29.34	1:00.70	<b>1:33.68</b>	-	-	-	-	-	31.23	4:09.81	16
		29.34	31.36	32.98	-	-	-	-	-			
Kevin Jablonski	600m	0:31.34	1:02.70	<b>1:35.19</b>	-	-	-	-	-	31.73	4:13.84	23
		31.34	31.36	32.49	-	-	-	-	-			
Alex Gilmore	600m	0:30.30	1:02.70	<b>1:35.81</b>	-	-	-	-	-	31.94	4:15.49	27
		30.30	32.40	33.11	-	-	-	-	-			