

4X300 9:38	1 st lap	2 nd lap	Final
Weaver, Halie	77	85	2:43
Kiesel, Karli	80	89	2:49
Kiesel, Tori	86	82	2:48
Gonzalez, Joseline	83	87	11:07 2:50

alt: Becton, Alexis

11:13

4X800 #2	1 st lap	2 nd lap	Final

alt

3.32

3200 Run 11:21.8	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	Final
Ennesser, Lindsay 14:09	90	1:41	1:42	1:48	1:50	1:51	1:55	1:45	14:04
				6:50					
Gonzalez, Maira 14:13	88	99	1:42	1:43	1:45	1:53	1:49	1:49	13:54
				6:35					lifetime PR
				season PR					

First say to yourself what you would be; and then do what you have to do.
-Epictetus

800 Run 2:19.5	1 st	2 nd	Final
Becton, Alexis 2:37	77	87	2:44
Armstrong, Kaley 2:38	77	81	2:38
			season PR

1600 Run 5:15.0	1 st	2 nd	3 rd	4 th	Final
-Beck, Ana Joseline 6:03-	88	99	1:42	99	6:27
		3:08			season PR
Erickson, Peyton 6:43	88	1:43	1:52	1:41	6:43
		3:11			match

MCHENRY 4/11