

4X800 9:38	1 <sup>st</sup> lap	2 <sup>nd</sup> lap	Final
Gonzalez, Joseline	74	87	2:41
Kremer, Rachel	84	99	3:03
Ennesser, Lindsay	85	99	3:04
Garza, Iris	89	1:50	3:19

4X800 #2	1 <sup>st</sup> lap	2 <sup>nd</sup> lap	Final

alt:

alt:

3200 Run 11:21.8	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	Final
Gonzalez, Maira ✓	87	3:09	4:59	6:51	8:47	10:50	12:52	14:46	14:46
	1:27	1:42	1:50	1:59	1:56	2:03	2:02	1:54	
Figueroa, Kimmy ✓	87	3:06	4:49	6:29	8:11	9:56	11:43	13:26	13:26
Kimmy	87	99	1:43	1:40	1:42	1:45	1:47	1:43	6:57
	96	1:51	1:50	1:55	2:06	2:07	2:06	1:54	6:13
Bugner, Melissa ✓	96	3:27	5:17	7:12	9:18	11:25	13:31	15:25	15:25

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

-Epictetus

zbdc2013

800 Run 2:19.5	1 <sup>st</sup>	2 <sup>nd</sup>	Final
Armstrong, Kaley ✓	71	1:24	2:35
Becton, Alexis ✓	74	1:30	2:44
Weaver, Halie ✓	75	1:29	2:44
Torres, Yazmin	1:35	1:55	3:30
Wagoner, Olivia	1:35	1:43	3:18
Ransom, Alexis	1:40	2:01	3:41
Medina, Courtney	1:34	1:38	3:12
Gulledge, Cora	1:21	1:30	2:51
Martinez, Lydia			

Why aren't you submitting?

1600 Run 5:15.0	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	Final
Gonzalez, Joseline ✓	1:20	2:54	4:32	6:05	6:05
Kiesel, Tori ✓	1:20	2:54	4:33	6:04	6:04
Ennesser, Lindsay	1:29	3:15	5:04	6:52	6:52
Kremer, Rachel	1:29	3:15	5:04	6:43	6:43
Erickson, Peyton					
Boren, Karolina	1:29	3:15	5:04	6:47	6:47
Bugner, Melissa	1:34	3:25	5:28	7:32	7:32
Martinez, Lydia					
Erickson, Peyton	1:33	3:17	5:06	6:50	6:50
Wagoner, Olivia	1:40	3:27	5:27	7:08	7:08
Figueroa, Karielle	1:37	3:22	5:06	6:45	6:45
Daniels, Syra	1:40	3:27	5:29	7:39	7:39
Henderson, Sabrina	1:54	4:21	6:50	9:28	9:28

Monday, April 22<sup>nd</sup> @ Warren