

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-25-05 Conditions:														
Workout: Split practice: 1-2-3-C4 jog to n. cent field/cal-full str/2 x strides/repeat 1K at goal A=6,B=5,C=4/cool-str														
D/E 4-5-6-7 jog shed/cal-full str/2xstrides/repeat 800 at goal:D=5,E=4/2nd caljog SLUH/full str														
Name	1	2	3	4	5	6	com	Name	1	2	3	4	5	com
A1								D5						
Murphy-Baum								Angeli						
Kaiser								Backer						
Banet								Fisher						
Lawder								Floros						
Lawless								Hagan, Connor						
A2								Kirchner						
Rhoads								Kuehner						
B1								Linhares, Pat						
Bonner								Lueking						
McCafferty								Margherio						
Jonagan								Menius						
Viox								Merrill, Ben						
David								Ngyuen						
B2								D6						
Schmidt, T								Cookson						
Mulligan								Holtshouser						
Emery								Huddleston						
Purcell								Mathis, Dan						
B3								Ottenlips						
Parr								Thornberry						
Schumacher								D7						
B4								Livergood						
Watt								Wingbermuehle						
C1								E5						
Kuciejczyk-K								Hack						
C2								Ross						
Warner								Wang						
Murphy								E6						
C4								Brennan						
Dirnbeck								Cannady						
Hanson								Carroll						
Hilderbrand								Carron						
Kelly, M								Fadel						
Kelly, S.								Heagney						
Linhares								Kocisak						
Marincel								Orbe						
McBride, Ma								Rohde						
McBride, Mi								Stauder						
McCollum								E7						
Pilla								Evola						
Reynolds								Herman						
Scariot								Scott						
Schmidt, B								Simpson						
D4														
Clohisy														
Diehl								Recovery						
Griesenauer								Geders						
Half, RJ														
Kliethermas														
Lang														
Lima														
McReynolds														
Vicini														

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3