

UC Cross Country
League Meet #1 vs. Hoover
 10-7-2010

Boys

				H 10/7/10	PR'09
	Mile	2	Final	PI	
1	5:36	11:25	17:02	1	17:24
2	5:36	11:25	17:02	2	15:41
3	5:38	11:42	17:37	3	18:45
4	5:38	11:32	17:39	4	
5	6:01	11:55	17:45	5	18:01
6	5:38	11:52	17:59	6	18:45
7		11:58	18:06	7	
8	6:24	12:06	18:35	8	18:33
9	5:37	12:11	18:38	9	18:58
10	5:47	12:37	18:59	10	
11	5:50	12:55	19:15	12	
12	5:53	12:55	19:36	13	
13	6:01	12:58	19:46	14	
14		13:10	19:59	15	21:21
15	6:30	12:55	20:35	16	17:19
16	6:30	13:37	20:36	17	21:19
17	6:25	13:36	20:46	18	21:05
18	6:54	13:56	21:06	20	
19	6:30	13:50	21:11	21	
20	6:21	13:51	21:19	22	20:51
21	6:30	13:53	21:39	23	
22	6:58	14:47	22:15	25	
23	6:40	14:41	22:29	27	24:01
24	7:06	14:48	22:38	28	22:18
25	7:09	15:07	23:39	30	
26	7:22	16:07	24:44	34	
	Nathan Jumps	5:36	DNF		18:07

Girls

				OLP 10/7/10	PR'09
	Mile	2	Final	PI	
1	6:30	13:30	20:19	1	19:13
2	6:30	13:30	20:19	2	
3	6:30	13:31	20:24	3	19:43
4	6:45	13:51	20:49	4	22:03
5	6:50	14:15	21:36	6	
6	7:31	14:35	22:25	7	
7	6:52	14:35	22:35	8	20:32
8	6:51	14:46	22:46	9	
9	6:57	14:54	22:51	10	25:15
10	6:57	15:28	23:51	11	
11	7:26	15:41	23:55	12	
12	7:30	15:58	24:26	14	25:05
13	7:40	15:52	24:28	15	
14	7:31	16:02	24:39	16	
15	7:47	16:03	24:43	17	
16	7:22	15:58	24:54	18	22:15
17	7:30	16:14	25:10	19	
18	8:47	19:36	30:39	20	31:47

Boys Varsity
UC 15 H 50

Girls Varsity
UC 16 H 47

Boys JV
UC 15 H 50

Welcome to Morley Field! The course was in great shape today, but for some of us, not knowing the layout was a little tough. We are off to a good start, but there is much to improve. Many of you need to be much more aggressive in the middle miles and particularly at the end. Use this information to plan your improvement over the next few weeks. Look at the mile and 2 mile marks to see who is around you, and more importantly, look above you to see who you should be racing with. Good luck

B: 35 Finishers G: 20 Finishers =Tempo = PR =Outstanding