

03+000Mt. Carmel Field Distance (3.2.13)

1600

Runner (goal)		400 Split	800 Split	1200 Split	1600 Split	
Alisa McRee (5:50)	Frosh	1:23	1:30	1:36	1:31	6:00
Jayce Bjelland (6:15)	Heat 2	1:26	1:45	1:51	1:32	6:34
Valerie Bennett (6:20)	Heat 2	1:29	1:52	1:55	1:50	7:07
Kate Atkins (5:55)	Heat 3	1:23	1:31	1:38	1:24	6:02
Bailey Stone (6:00)	Heat 3	1:24	1:45	1:44	1:39	6:32
Nicole Tan (5:45)	Heat 4	1:24	1:30	1:32	1:28	5:54

Runner (goal)		400 Split	800 Split	1200 Split	1600 Split	
John Kidman (4:55)	Frosh	1:11	1:15	1:18	1:15	4:59
John Balicoco (5:12)	Heat 2	1:17	1:22	1:22	1:13	5:14
Tyler Selby (5:12)	Heat 2	1:17	1:27	1:25	1:22	5:31
Allen Siegler (4:55)	Heat 3	1:09	1:13	1:16	1:16	4:54
Kyle Christe (5:08)	Heat 3	1:12	1:18	1:23	1:23	5:16
Sebastian Le Bras (4:51)	Heat 4	1:11	1:16	1:13	1:10	4:50
Juan Pacheco-Garcia (4:52)	Heat 4	1:11	1:15	1:16	1:17	4:59
Victor Bennett (4:38)	Heat 5	1:10	1:09	1:10	1:08	4:37
Tyler Culp (4:44)	Heat 5	1:11	1:12	1:14	1:14	4:51

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800

Runner (goal)		200 Split		400 Split		600 Split	800 Split	
Alaris Dayzie (2:35)	Frosh	0:37	0:40	1:17	0:39	0:39	1:18	2:35
Jessica Borchardt (2:55)	Heat 1	0:40	0:46	1:26	0:49	0:49	1:38	3:04
Caitlin Fish (2:38)	Heat 3	0:37	0:40	1:17	0:51	0:46	1:38	2:54
Breanna Curry	Heat 3							2:27
Alyssa Omahen (2:21)	Heat 4	0:36	0:37	1:13	0:41	0:43	1:24	2:37

Runner (goal)		200 Split		400 Split		600 Split	800 Split	
Adam Timms (2:40)	Heat 1	0:33	0:36	1:09	0:39	0:35	1:14	2:23
Sebastian Rodriguez (2:26)	Heat 1	0:33	0:36	1:09	0:41	0:41	1:22	2:31
Matthew Larsen (2:24)	Heat 2	0:36	0:35	1:11	0:40	0:38	1:18	2:29
Grady Watkins	Heat 2	0:35	0:34	1:09	0:35	0:32	1:07	2:16
JJ Kegler (2:26)	Heat 2	0:36	0:34	1:10	0:38	0:38	1:16	2:26
Quinn Stofan (2:12)	Heat 4	0:30	0:33	1:03	0:34	0:33	1:08	2:11
Steven Scheidt (2:01)	Heat 5	0:31	0:31	1:02	0:31	0:30	1:01	2:03
Ryan Najera (2:04)	Heat 5	0:32	0:32	1:04	0:33	0:35	1:08	2:12

4 x 800

Runner	400 Split		800 Split		
Will Trammell	1:03	1:03	1:34	2:37	2:37
Cristen Cromer	1:09	3:43	1:16	2:25	4:59
Hammed Adelekan	1:06	6:05	1:21	2:27	7:26
Devonte Pritchett	1:04	8:30	1:08	2:12	9:38

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3200

	Ann Kelly (12:10)		Hayden Stone (10:44)		<i>David Berard (11:50)</i>		Jack Gallegos (11:50)	
400 Split	1:30	1:30	1:18	1:18	1:22	1:22	1:22	1:22
800 Split	1:24	2:54	1:25	2:43	1:30	2:52	1:30	2:52
1200 Split	1:32	4:26	1:22	4:05	1:35	4:27	1:35	4:27
1600 Split	1:31	5:57	1:23	5:28	1:31	5:58	1:31	5:58
2000 Split	1:35	7:32	1:22	6:50	1:31	7:29	1:31	7:29
2400 Split	1:37	9:09	1:25	8:15	1:26	8:55	1:33	9:02
2800 Split	1:44	10:53	1:25	9:40	1:31	10:26	1:34	10:36
3200 Split	1:31	6:27 / 12:24	1:18	5:30 / 10:58	1:24	5:52 / 11:50	1:21	5:59 / 11:57

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DMR

Girls DMR

1200

Alyssa Omahen		
400 Split	1:21	1:21
800 Split	1:31	2:52
1200 Split	1:32	4:24

400

Cristina Cromer		
200 Split	0:31	4:55
400 Split	0:35	5:30 / 1:06

800

Ann Kelly		
200 Split		
400 Split	1:16	6:46
600 Split		
800 Split	1:23	8:09 / 2:39

1600

Nicole Tan		
400 Split	1:27	9:36
800 Split	1:33	11:09
1200 Split	1:30	12:39
1600 Split	1:30	14:09 / 6:00

Boys DMR

1200

Victor Bennett		
400 Split	1:07	1:07
800 Split	1:11	2:18
1200 Split	1:10	3:28

400

Ryan Najera		
200 Split	0:28	3:56
400 Split	0:30	4:26 / 0:58

800

Tyler Culp		
200 Split	0:31	4:57
400 Split	0:32	5:29
600 Split	0:37	6:06
800 Split	0:36	6:42 / 2:16

1600

Steven Scheidt		
400 Split	1:08	7:50
800 Split	1:15	9:05
1200 Split	1:16	10:21
1600 Split	1:10	11:31 / 4:50