

MEET: Mt. Carmel Asics Invite
 DATE: March 23, 2013
 LOCATION: Mt. Carmel HS

DMR

Runner	400 Split		800 Split		1200 Split		1600 Split	
<i>1200</i> Ann Kelly	1:13		1:16	2:29	1:17	3:46		
<i>400</i> Brynne Williams	1:00	4:46						
<i>800</i> Sophie Volk	1:13	5:59	1:16 2:29	7:15				
<i>1600</i> Shelby Huffaker	1:21	8:36	1:27	10:03	1:30	11:33	1:34 5:52	13:07
Runner	400 Split		800 Split		1200 Split		1600 Split	
<i>1200</i> Sebastian Le Bras	1:05		1:10	2:15	1:13	3:28		
<i>400</i> John Balicoco	0:58	4:26						
<i>800</i> John Kidman	1:06	5:32	1:13 2:19	6:45				
<i>1600</i> Juan Pacheco	1:05	7:50	1:12	9:02	1:21	10:23	1:21 4:59	11:44

1600

Runner	400 Split		800 Split		1200 Split		1600 Split	
Sophi Volk (G2) <i>5:29.78</i>	1:15		1:20	2:35	1:24	4:00	1:21	5:21
Steven Scheidt (B2) <i>4:33.53</i>	1:06		1:10	2:16	1:11	3:27	1:02	4:29
Ann Kelly (G1) <i>5:15.37</i>	1:14		1:15	2:29	1:19	3:49	1:27	5:17

800

Runner	400 Split		800 Split	
Steven Scheidt (B2) <i>2:02.29</i>	1:00		1:11	2:11

4 x 800

10:37.91

Runner	400 Split		800 Split	800 Time	Team Time
Alaris Dayzie <i>2:35.41</i>	1:14		1:18	2:32	2:32
Tiffany Tran <i>2:43.89</i>	1:17	3:49	1:21	2:38	5:10
Bailey Stone <i>2:38.21</i>	1:17	6:27	1:24	2:41	7:51
Nicole Tan <i>2:40.40</i>	1:17	9:08	1:24	2:41	10:32

8:54.29

Runner	400 Split		800 Split	800 Time	Team Time
Quinn Stofan <i>2:07.95</i>	1:03		1:01	2:04	2:04
Tyler Culp <i>2:21.63</i>	1:03	3:07	1:06	2:09	4:13
Hayden Stone <i>2:15.47</i>	1:01	5:14	1:10	2:11	6:24
Ryan Najera <i>2:09.24</i>	1:00	7:24	1:05	2:06	8:30

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3200

3200 2800 2400 2000 1600 1200 800 400

Dan Cunningham (B2) <i>10:26.92</i>		
Splits	Total Time	
1:09	1:09	
1:13	2:22	
1:14	3:36	
1:16	1600 Split	
	4:52	
1:27	6:19	
1:31	7:50	
1:35	9:25	
1:27	1600 Split	3200 Time
	6:00	10:52

3200 2800 2400 2000 1600 1200 800 400

Victor Bennett (B1) <i>9:40.47</i>		
Splits	Total Time	
1:09	1:09	
1:08	2:17	
1:11	3:28	
1:13	1600 Split	
	4:41	
1:16	5:57	
1:17	7:14	
1:23	8:37	
1:24	1600 Split	3200 Time
	5:20	10:01

3200 2800 2400 2000 1600 1200 800 400

4 x 400

Runner	400 Split	Team Time
Justice F		0:53
Quinn Sk	<i>0:53</i>	1:46
Alexander S	<i>0:53</i>	2:39
Cristin C	<i>0:54</i>	3:33

Runner	400 Split	Team Time
Taraja N		1:02
Breanna C	<i>0:58</i>	2:00
Ann K	<i>1:00</i>	3:00
Cristina C	<i>1:04</i>	4:04