

Proviso Invite
Saturday 3/28/15

4 x 800 Meter Run	Von Estorff		Cappon	
200	31.4		31.2	
400	32.9	64.3	34.3	65.5
600	34.4		35.8	
800	35.1	69.5	35.4	71.2
Final	02:13.8		02:16.9	

	McKenna		Kramer	
200	30.8		31.5	
400	33.1	63.9	34.4	64.9
600	34.5		35.5	
800	33.2	67.7	33.3	
Final	2:11.6 PR 3.2		02:14.7	68.8

3200 Meter Run	Riley D.		Rauh	
400	72.6		77.2	
800	72.7		79.8	
1200	72.9		80.6	
1600	75	04:53.1	80.8	05:18.4
2000	74.8		81.8	
2400	78.2		80.8	
2800	80.1		80	
3200	74.2	05:07.3	76	05:18.5
Final	10:00.4 PR 21.1		10:36.9 PR 10.0	

1600 Meter Run	Cappon	
200	35.2	
400	37.3	
600	37.8	
800	39.2	02:29.5
1000	38.6	
1200	39.6	
1400	36.7	
1600	35	02:29.9
Final	04:59.4	

4 x 400 Meter Run	Deleon		von Estorff	McKenna	Riley D.
200	28.1		28.4	28.7	27.1
400	28.6		30.2	29.9	29.4
Final	58.7		58.6	58.6	56.5