

|                                  |         |         |                     |         |         |             |              |         |           |         |         |
|----------------------------------|---------|---------|---------------------|---------|---------|-------------|--------------|---------|-----------|---------|---------|
|                                  |         |         | Richmond-Erickson   |         |         |             | 65 Degrees   |         |           |         |         |
|                                  |         |         | 5/7/13              |         |         |             | Wind E 5 mph |         |           |         |         |
|                                  |         |         | Varsity @ Hart Park |         |         |             | Perfect!!!   |         |           |         |         |
| 4 x 800                          | 8:30.42 | 1st     |                     |         |         |             |              |         |           |         |         |
| Steinhafel                       |         |         | Al Idarraga         |         |         | An Idarraga |              |         | J Burbach |         |         |
| 00:28.9                          |         |         | 00:31.1             |         |         | 00:34.3     |              |         | 00:29.1   |         |         |
| 00:31.8                          | 01:00.7 |         | 00:31.7             | 01:02.8 |         | 00:35.2     | 01:09.5      |         | 00:31.3   | 01:00.4 |         |
| 00:32.2                          |         | 00:04.4 | 00:31.6             |         | 00:00.0 | 00:32.7     |              | 00:04.6 | 00:32.6   |         | 00:03.8 |
| 00:32.9                          | 01:05.1 |         | 00:31.2             | 01:02.8 |         | 00:32.2     | 01:04.9      |         | 00:31.6   | 01:04.2 |         |
| 02:05.8                          | PR      |         | 02:05.6             |         |         | 02:14.4     |              |         | 02:04.6   | PR      | 08:30.4 |
|                                  | 1.0     |         |                     |         |         |             |              |         |           | 3.3     |         |
| 1600                             |         |         |                     |         |         |             |              |         |           |         |         |
| Enright                          |         |         | McCarthy            |         |         | Carter      |              |         |           |         |         |
| 00:32                            |         |         | 00:32               |         |         | 00:33       |              |         |           |         |         |
| 00:33                            | 01:04   |         | 00:33               | 01:04   |         | 00:34       | 01:07        |         |           |         |         |
| 00:33                            |         |         | 00:33               |         |         | 00:35       |              |         |           |         |         |
| 00:34                            | 01:07   | 02:11   | 00:34               | 01:07   | 02:11   | 00:37       | 01:12        | 02:19   |           |         |         |
| 00:34                            |         |         | 00:34               |         |         | 00:39       |              |         |           |         |         |
| 00:34                            | 01:08   | 00:06   | 00:36               | 01:09   | 00:09   | 00:38       | 01:17        | 00:11   |           |         |         |
| 00:35                            |         |         | 00:35               |         |         | 00:38       |              |         |           |         |         |
| 00:34                            | 01:09   | 02:17   | 00:35               | 01:10   | 02:20   | 00:35       | 01:13        | 02:30   |           |         |         |
| 4:28.04                          | PR      |         | 4:30.34             | PR      |         | 4:49.33     | PR           |         |           |         |         |
| 2nd                              | 4.55    |         | 3rd                 | 3.31    |         |             | 26.87        |         |           |         |         |
|                                  |         |         |                     |         |         |             |              |         |           |         |         |
| 800                              |         |         |                     |         |         |             |              |         |           |         |         |
| Heinrich                         |         |         | Sprenger            |         |         | Matzuk      |              |         |           |         |         |
| 00:29.1                          |         |         | 00:29.1             |         |         | 00:29.8     |              |         |           |         |         |
| 00:29.4                          | 00:58.5 |         | 00:29.4             | 00:58.5 |         | 00:30.9     | 01:00.7      |         |           |         |         |
| 00:29.2                          |         | 00:02.1 | 00:31.4             |         | 00:05.2 | 00:30.9     |              | 00:03.0 |           |         |         |
| 00:31.4                          | 01:00.6 |         | 00:32.3             | 01:03.7 |         | 00:32.8     | 01:03.7      |         |           |         |         |
| 1:59.10                          | PR      |         | 2:02.22             | PR      |         | 2:04.39     |              |         |           |         |         |
| 2nd                              | 2.5     |         | 4th                 | 0.64    |         | 6th         |              |         |           |         |         |
|                                  |         |         |                     |         |         |             |              |         |           |         |         |
| 3200                             |         |         |                     |         |         |             |              |         |           |         |         |
| M Burbach                        |         |         | Conlon              |         |         | Cappon      |              |         |           |         |         |
| 00:36                            |         |         | 00:36               |         |         | 00:36       |              |         |           |         |         |
| 00:38                            | 01:14   |         | 00:38               | 01:14   |         | 00:39       | 01:15        |         |           |         |         |
| 00:39                            |         |         | 00:40               |         |         | 00:39       |              |         |           |         |         |
| 00:39                            | 01:18   | 02:32   | 00:38               | 01:19   | 02:33   | 00:39       | 01:19        | 02:34   |           |         |         |
| 00:38                            |         |         | 00:38               |         |         | 00:39       |              |         |           |         |         |
| 00:39                            | 01:18   | 05:07   | 00:39               | 01:17   | 05:10   | 00:42       | 01:21        | 05:17   |           |         |         |
| 00:39                            |         |         | 00:39               |         |         | 00:41       |              |         |           |         |         |
| 00:39                            | 01:18   | 02:36   | 00:41               | 01:20   | 02:37   | 00:41       | 01:23        | 02:43   |           |         |         |
| 00:39                            |         |         | 00:40               |         |         | 00:40       |              |         |           |         |         |
| 00:40                            | 01:18   | 00:02   | 00:41               | 01:21   | 00:22   | 00:43       | 01:23        | 00:18   |           |         |         |
| 00:38                            |         |         | 00:42               |         |         | 00:43       |              |         |           |         |         |
| 00:41                            | 01:19   | 02:37   | 00:42               | 01:24   | 02:45   | 00:43       | 01:26        | 02:49   |           |         |         |
| 00:40                            |         |         | 00:43               |         |         | 00:44       |              |         |           |         |         |
| 00:38                            | 01:18   | 05:06   | 00:41               | 01:25   | 05:31   | 00:41       | 01:25        | 05:34   |           |         |         |
| 00:37                            |         |         | 00:41               |         |         | 00:42       |              |         |           |         |         |
| 00:33                            | 01:10   | 02:28   | 00:40               | 01:22   | 02:46   | 00:39       | 01:21        | 02:46   |           |         |         |
| 10:13.13                         | PR      |         | 10:40.91            | PR      |         | 10:51.14    | PR           |         |           |         |         |
| 4th                              | 53.9    |         | 8th                 | 24.4    |         |             | 16.2         |         |           |         |         |
|                                  |         |         |                     |         |         |             |              |         |           |         |         |
| Race of Day: Matt Burbach - 3200 |         |         |                     |         |         |             |              |         |           |         |         |
| Jack Heinrich - 800              |         |         |                     |         |         |             |              |         |           |         |         |
|                                  |         |         |                     |         |         |             |              |         |           |         |         |