

Tose East JV and Varsity Meet

45-55 degrees sunny and no wind

April 28th, 2015

	4x800 Relay		1st Place	08:47.3	
	Lyon	Bauer	Cappon	Roseke	
All 4 ran PR's	33.5	29.30	28.6	33.10	
	68.1	61.80	60.4	65.20	
Roeske Race of the Day	33.6	35.30	31.8	34.30	
	67.6	71.10	66.9	66.20	
	02:15.7	02:12.9	02:07.3	02:11.4	

	1600 Meter		JV	
	McCaffrey	Krawczyk	McDonough	Contreras
	36.2	38	38	43.2
Krawczyk needs to go out faster	37.6	46.5	40.8	45.3
	73.8	84.5	78.8	88.5
	41.4	42.9	41.9	47.8
	41.4	41.8	48.5	50
	82.8	84.7	90.4	97.8
	02:36.2	02:49.2	02:49.2	03:06.3
	45.1	43.1	46	47.1
	42.3	46.9	47.6	47.7
	87.4	90	93.6	94.8
	44.5	43.5	47.9	53
	39.3	38.4	39.7	50.2
	83.8	81.9	87.6	103.2
	02:51.2	02:51.9	03:01.2	03:18.0
	05:27.4	05:41.1	05:50.4	06:24.3

	1600 Meter		Varsity		
	Kloser	Mauk	Von Estorff	Lyon	Ehrlich
Jog fest first half	37.5	37.5	37.5	39	39
	37.8	37.1	37.8	37.3	37.8
Kloser had too much left	75.3	74.6	75.3	76.2	76.8
	38.2	38.9	38.1	39.2	38.5
	37.7	37.7	37.8	38.6	38.7
	75.9	76.6	75.9	77.8	77.2
	02:31.2	02:31.2	02:31.2	2:34	2:34
	37.1	37.1	37.1	39.3	39.3
	36.3	34.5	36.3	37.4	39.4
	73.4	71.6	73.4	76.7	78.7
	38.2	37.8	39.8	37.9	39.8
	32	35.4	37.9	35.4	37.9
	70.2	73.4	76.7	73.3	77.7
	02:23.6	2:25	02:31.1	2:30	02:36.4
	04:54.8	04:56.2	05:02.3	05:04.1	05:10.4