

# GMC Championships

5/17/11

Varsity

55 Degrees

Wind NE 15-20 mph

Sunny, Windy, Cool

<u>4 x 800</u>		8:26.75	3rd								
<b>AJ Matzuk</b>				<b>McCarthy</b>				<b>Coogan</b>			
00:29.7				00:31.6				00:29.7			
00:31.3	01:01.0			00:32.5	01:04.1			00:31.2	01:00.9		
00:32.2		00:04.0		00:33.4		00:02.9		00:31.0		00:01.9	
00:32.8	01:05.0			00:33.6	01:07.0			00:31.8	01:02.8		
<b>02:06.0</b>				<b>02:11.1</b>				<b>02:03.7</b>			
<u>1600</u>											
<b>Zellmer</b>				<b>McAsey</b>				<b>Roeske</b>			
00:33				00:33				00:34			
00:35	01:08			00:35	01:08			00:35	01:09		
00:33				00:33				00:34			
00:35	01:07	02:15		00:35	01:07	02:15		00:37	01:10	02:20	
00:33				00:33				00:36			
00:34	01:07	00:02		00:34	01:07	00:02		00:38	01:14	00:06	
00:32				00:35				00:36			
00:35	01:06	02:13		00:36	01:10	02:17		00:35	01:11	02:25	
<b>4:28.75</b>				<b>4:32.71</b>		PR		<b>4:44.68</b>		PR	
<b>2nd</b>				<b>4th</b>		2.0				0.03	
<u>800</u>											
<b>Russell</b>				<b>B Hushek</b>				<b>Bice</b>			
00:28.4				00:31.5				00:31.5			
00:29.9	00:58.3			00:33.3	01:04.8			00:33.9	01:05.4		
00:29.8		00:02.7		00:31.1		00:02.3		00:32.1		00:01.6	
00:31.2	01:01.0			00:31.4	01:02.5			00:31.7	01:03.8		
<b>1:59.32</b>		PR		<b>2:07.34</b>		PR		<b>2:09.25</b>		PR	
<b>2nd</b>		3.00				tie				1.4	
<u>3200</u>											
<b>Zellmer</b>				<b>McAsey</b>				<b>Idarraga</b>			
00:35				00:35				00:37			
00:37	01:12			00:37	01:12			00:38	01:14		
00:36				00:36				00:37			
00:37	01:14	02:25		00:37	01:14	02:25		00:39	01:16	02:30	
00:36				00:36				00:40			
00:37	01:13	04:54		00:37	01:13	04:54		00:40	01:20	05:09	
00:37				00:37				00:40			
00:39	01:16	02:29		00:39	01:16	02:29		00:40	01:19	02:39	
00:36				00:36				00:39			
00:38	01:14	00:02		00:38	01:14	00:06		00:41	01:20	00:07	
00:37				00:37				00:41			
00:36	01:13	02:28		00:38	01:15	02:29		00:41	01:22	02:41	
00:37				00:39				00:40			
00:38	01:16	04:52		00:40	01:19	05:00		00:41	01:21	05:17	
00:34				00:37				00:37			
00:34	01:09	02:24		00:34	01:12	02:31		00:37	01:14	02:35	
<b>9:46.25</b>				<b>9:54.38</b>		PR		<b>10:26.10</b>		PR	
<b>2nd</b>				<b>4th</b>		6.0				11.1	

40 of 89 points from the distance squad. We battled today, overcame obstacles, challenged ourselves and are better competitors because of it. While there is room for improvement, the positive steps we have made and the lessons learned must take the forefront.

