

|                 |                |                |                   |                |                |                |                |                     |                |                |
|-----------------|----------------|----------------|-------------------|----------------|----------------|----------------|----------------|---------------------|----------------|----------------|
|                 |                |                | GMC Championships |                |                |                |                | 75 Degrees          |                |                |
|                 |                |                | 5/14/13           |                |                |                |                | Wind E/SE 10-15     |                |                |
|                 |                |                | Varsity           |                |                |                |                | Mostly Sunny & Nice |                |                |
| <b>4 x 800</b>  | <b>8:20.03</b> | <b>1st</b>     |                   |                |                |                |                |                     |                |                |
| Steinhafel      |                |                | Sprenger          |                |                | J Burbach      |                | McCarthy            |                |                |
| 00:28.7         |                |                | 00:28.4           |                |                | 00:29.8        |                | 00:29.5             |                |                |
| 00:31.7         | <b>01:00.4</b> |                | 00:29.8           | <b>00:58.2</b> |                | 00:30.7        | <b>01:00.5</b> | 00:32.1             | <b>01:01.6</b> |                |
| 00:32.9         |                | <b>00:06.3</b> | 00:31.8           |                | <b>00:06.7</b> | 00:32.1        |                | <b>00:04.0</b>      | 00:31.7        | <b>00:01.6</b> |
| 00:33.8         | <b>01:06.7</b> |                | 00:33.1           | <b>01:04.9</b> |                | 00:32.4        | <b>01:04.5</b> | 00:31.5             | <b>01:03.2</b> |                |
| <b>02:07.1</b>  |                |                | <b>02:03.1</b>    |                |                | <b>02:05.0</b> |                | <b>02:04.8</b>      |                | <b>8:20.03</b> |
|                 |                |                |                   |                |                |                |                |                     |                |                |
| <b>1600</b>     |                |                |                   |                |                |                |                |                     |                |                |
| Enright         |                |                | M Burbach         |                |                | An Idarraga    |                |                     |                |                |
| 00:32           |                |                | 00:35             |                |                | 00:35          |                |                     |                |                |
| 00:33           | 01:04          |                | 00:37             | 01:11          |                | 00:37          | 01:11          |                     |                |                |
| 00:34           |                |                | 00:37             |                |                | 00:37          |                |                     |                |                |
| 00:35           | 01:09          | <b>02:14</b>   | 00:37             | 01:14          | <b>02:25</b>   | 00:37          | 01:14          | <b>02:25</b>        |                |                |
| 00:36           |                |                | 00:37             |                |                | 00:38          |                |                     |                |                |
| 00:36           | 01:11          | <b>00:05</b>   | 00:37             | 01:15          | <b>00:00</b>   | 00:39          | 01:17          | <b>00:10</b>        |                |                |
| 00:34           |                |                | 00:36             |                |                | 00:40          |                |                     |                |                |
| 00:34           | 01:08          | <b>02:19</b>   | 00:34             | 01:10          | <b>02:25</b>   | 00:38          | 01:18          | <b>02:36</b>        |                |                |
| <b>4:32.94</b>  |                |                | <b>4:50.22</b>    |                |                | <b>5:01.09</b> | <b>PR</b>      |                     |                |                |
| <b>5th</b>      |                |                |                   |                |                | <b>8.0</b>     |                |                     |                |                |
|                 |                |                |                   |                |                |                |                |                     |                |                |
| <b>800</b>      |                |                |                   |                |                |                |                |                     |                |                |
| McCarthy        |                |                | Al Idarraga       |                |                | Steinhafel     |                |                     |                |                |
| 00:28.4         |                |                | 00:30.8           |                |                | 00:29.8        |                |                     |                |                |
| 00:31.1         | <b>00:59.5</b> |                | 00:30.8           | <b>01:01.6</b> |                | 00:31.4        | <b>01:01.2</b> |                     |                |                |
| 00:30.8         |                | <b>00:03.3</b> | 00:32.3           |                | <b>00:02.2</b> | 00:34.1        |                | <b>00:07.3</b>      |                |                |
| 00:32.0         | <b>01:02.8</b> |                | 00:31.5           | <b>01:03.8</b> |                | 00:34.4        | <b>01:08.5</b> |                     |                |                |
| <b>2:02.25</b>  |                |                | <b>2:05.43</b>    |                |                | <b>2:09.70</b> |                |                     |                |                |
| <b>5th</b>      |                |                |                   |                |                |                |                |                     |                |                |
|                 |                |                |                   |                |                |                |                |                     |                |                |
| <b>3200</b>     |                |                |                   |                |                |                |                |                     |                |                |
| Matzuk          |                |                | Carter            |                |                | Heinrich       |                |                     |                |                |
| 00:35           |                |                | 00:35             |                |                | 00:34          |                |                     |                |                |
| 00:37           | 01:12          |                | 00:37             | 01:12          |                | 00:35          | 01:10          |                     |                |                |
| 00:36           |                |                | 00:36             |                |                | 00:35          |                |                     |                |                |
| 00:37           | 01:13          | 02:25          | 00:37             | 01:13          | 02:25          | 00:36          | 01:11          | 02:20               |                |                |
| 00:37           |                |                | 00:38             |                |                | 00:36          |                |                     |                |                |
| 00:38           | 01:15          | <b>04:59</b>   | 00:38             | 01:16          | <b>05:04</b>   | 00:38          | 01:13          | <b>04:58</b>        |                |                |
| 00:38           |                |                | 00:40             |                |                | 00:41          |                |                     |                |                |
| 00:41           | 01:19          | 02:34          | 00:43             | 01:23          | 02:39          | 00:43          | 01:24          | 02:37               |                |                |
| 00:39           |                |                | 00:43             |                |                | 00:48          |                |                     |                |                |
| 00:40           | 01:19          | <b>00:16</b>   | 00:40             | 01:23          | <b>00:34</b>   | 00:52          | 01:39          | <b>01:12</b>        |                |                |
| 00:40           |                |                | 00:43             |                |                | 00:50          |                |                     |                |                |
| 00:40           | 01:20          | 02:39          | 00:44             | 01:28          | 02:50          | 00:50          | 01:40          | 03:19               |                |                |
| 00:41           |                |                | 00:44             |                |                | 00:47          |                |                     |                |                |
| 00:40           | 01:21          | <b>05:15</b>   | 00:42             | 01:26          | <b>05:38</b>   | 00:47          | 01:35          | <b>06:09</b>        |                |                |
| 00:39           |                |                | 00:44             |                |                | 00:41          |                |                     |                |                |
| 00:36           | 01:15          | 02:36          | 00:37             | 01:21          | 02:47          | 00:34          | 01:15          | 02:50               |                |                |
| <b>10:14.90</b> | <b>PR</b>      |                | <b>10:41.53</b>   | <b>PR</b>      |                | <b>11:06.8</b> |                |                     |                |                |
| <b>5th</b>      | <b>1.0</b>     |                | <b>1.5</b>        |                |                | <b>Inj</b>     |                |                     |                |                |