			Vikin	g Invita	tional			50 Degr	ees		
				4/21/12	2			Wind N	E 10 mph		
				Varsity	,			Sunny 8			
4 x 800	8:25.05	2nd									
Roeske			Al Idarrag	a		Enright			McAsey		
00:29.5			00:30.3			00:28.9			00:31.9		
00:31.3	01:00.8		00:31.2	01:01.5		00:30.2	00:59.1			01:00.5	
00:34.3		00:10.5			00:04.1			00:06.2			00:00.5
00:37.0	01:11.3		00:33.0	01:05.6			01:05.3			01:01.0	
02:12.1	PR		02:07.1	PR		02:04.4			02:01.5		8:25.05
	1.4			1.1			1.7				
1600											
Reardon			B Hushek	(Sprengei	r				
00:34			00:35			00:35					
00:36	01:10		00:36	01:11		00:36	01:11				
00:36	01.10		00:36	01.11		00:36	01.11				
00:36	01:13	02:23	00:37	01:13	02:24	00:37	01:13	02:24			
00:33	01.10	02.20	00:36	01.10	<u>52.27</u>	00:35	01.10	02.27			
00:35	01:08	00:09	00:35	01:11	00:02	00:38	01:13	00:01			
00:33	01.00	00.03	00:35	01.11	50.02	00:38	01.10	00.01			
00:34	01:06	02:14	00:36	01:11	02:22	00:36	01:12	02:25			
4:36.63		02.14	4:45.53	01.11	02.22	4:49.09	-	02.25			
4.30.03	_		4.45.55			4.49.09	1.5				
2nd							1.5				
2nd	2.8										
	2.8										
<u>800</u>	2.8		Fradarick				A torrif	ic start to	the oute	loor soose	
<u>800</u> McAsey	2.8		Frederick	C			-				
<u>800</u> McAsey 00:28.4			00:31				you c	an impro	ve upon r	acing stra	tegy and
800 McAsey 00:28.4 00:30.0	00:58.4		00:31 00:33	c 01:04.2	00-00 9		you c skills.	an impro There a	ve upon r re races i	acing stra in which w	tegy and re need to
800 McAsey 00:28.4 00:30.0 00:30.2	00:58.4	00:04.7	00:31 00:33 00:33	01:04.2	00:00.9		you c skills. learn	an impro There a to push t	ive upon r re races i the pace	acing stra in which w when nece	tegy and ve need to essary to
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9			00:31 00:33 00:33 00:32	01:04.2	00:00.9		you c skills. learn meet C	an impro There a to push f UR NEE	ve upon r re races i the pace DS! We	acing stra in which w when nece improved	tegy and re need to essary to across the
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50	00:58.4		00:31 00:33 00:33	01:04.2 01:05.1 PR	00:00.9		you c skills. learn meet C	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9	00:58.4		00:31 00:33 00:33 00:32	01:04.2	00:00.9		you c skills. learn meet C	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd	00:58.4		00:31 00:33 00:33 00:32	01:04.2 01:05.1 PR	00:00.9		you c skills. learn meet C	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3200	00:58.4		00:31 00:33 00:33 00:32 2:09.29	01:04.2 01:05.1 PR 2.9		Moilingo	you c skills. learn meet C board	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3200 Demet	00:58.4		00:31 00:33 00:33 00:32 2:09.29 McCarthy	01:04.2 01:05.1 PR 2.9		Meilinge	you c skills. learn meet C board	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3200 Demet 00:34	00:58.4 01:03.1		00:31 00:33 00:33 00:32 2:09.29 McCarthy 00:34	01:04.2 01:05.1 PR 2.9		00:37	you c skills. learn meet C board	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3200 0 00:34 00:34	00:58.4		00:31 00:33 00:33 00:32 2:09.29 McCarthy 00:34 00:36	01:04.2 01:05.1 PR 2.9		00:37 00:38	you c skills. learn meet C board	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 3200 Demet 00:34 00:36	00:58.4 01:03.1 01:10	00:04.7	00:31 00:33 00:33 0 0:32 2:09.29 McCarthy 00:34 00:36 00:38	01:04.2 01:05.1 PR 2.9		00:37 00:38 00:40	you c skills. learn meet C board r 01:15	an impro There a to push t DUR NEE d and are improv	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 3200 Demet 00:34 00:38 00:38	00:58.4 01:03.1		00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39	01:04.2 01:05.1 PR 2.9		00:37 00:38 00:40 00:40	you c skills. learn meet C board	an impro There a to push f DUR NEE d and are	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 3200 Demet 00:34 00:36 00:38 00:38 00:38 00:38 00:38 00:38	00:58.4 01:03.1 01:10 01:10	00:04.7	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:17	02:27	00:37 00:38 00:40 00:40 00:40	you c skills. learn meet C board n 01:15 01:20	an impro There a to push t DUR NEE d and are improv	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3:rd 3:rd 3:rd 0:34 00:34 00:34 00:38 	00:58.4 01:03.1 01:10	00:04.7	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9		00:37 00:38 00:40 00:40 00:40 00:40	you c skills. learn meet C board r 01:15	an impro There a to push t DUR NEE d and are improv	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 00:34 00:34 00:36 00:38 	00:58.4 01:03.1 01:10 01:16 01:16	00:04.7 02:26 04:59	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18	02:27 05:02	00:37 00:38 00:40 00:40 00:40 00:40 00:41	you c skills. learn meet C board 01:15 01:20 01:20	an impro There a to push to DUR NEE d and are improv 02:35 05:16	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 00:34 00:34 00:34 00:38 	00:58.4 01:03.1 01:10 01:10	00:04.7	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:17	02:27	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:40	you c skills. learn meet C board n 01:15 01:20	an impro There a to push t DUR NEE d and are improv	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:30.2 00:30.2 00:30.2 00:32.9 2:01.50 3rd 00:32 00:32.9 2:01.50 3rd 00:32 00:34 00:34 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38	00:58.4 01:03.1 01:10 01:10 01:16 01:17	00:04.7 02:26 04:59 02:33	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:17 01:18 01:17	02:27 05:02 02:35	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:40 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:21	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3:rd 3:rd 3:rd 0:34 00:34 00:38 	00:58.4 01:03.1 01:10 01:16 01:16	00:04.7 02:26 04:59	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18	02:27 05:02	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41	you c skills. learn meet C board 01:15 01:20 01:20	an impro There a to push to DUR NEE d and are improv 02:35 05:16	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 00:38 00:39 00:38 00:39 00:38 00:39 00:38 00:39 	00:58.4 01:03.1 01:10 01:16 01:16 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18 01:17 01:19	02:27 05:02 02:35 00:04	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:20 01:21 01:22	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 00:34 00:34 00:34 00:38 00:39 	00:58.4 01:03.1 01:10 01:10 01:16 01:17	00:04.7 02:26 04:59 02:33	00:31 00:33 00:32 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:17 01:18 01:17	02:27 05:02 02:35	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:42	you c skills. learn meet C board 01:15 01:20 01:20 01:21	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
 800 McAsey 00:28.4 00:30.0 00:30.2 00:32.9 2:01.50 3rd 3rd 0:38 00:38 00:39 	00:58.4 01:03.1 01:10 01:10 01:16 01:17 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07 02:34	00:31 00:33 00:33 2:09.29 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:17 01:18 01:17 01:19 01:18	02:27 05:02 02:35 00:04 02:36	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:42 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:21 01:22 01:23	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41 00:10 02:44	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.0 00:30.2 00:30.2 00:30.2 00:32.9 2:01.50 3rd 00:32.9 2:01.50 3rd 00:32 00:33 00:34 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:39 00:39 00:39 00:39 00:39 00:38	00:58.4 01:03.1 01:10 01:16 01:16 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07	00:31 00:33 00:33 2:09.29 2:09.29 McCarthy 00:34 00:36 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18 01:17 01:19	02:27 05:02 02:35 00:04	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:42 00:41 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:20 01:21 01:22	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41 00:10	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.2 00:30.2 00:30.2 00:30.2 00:32.9 2:01.50 3rd 00:36 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:38	00:58.4 01:03.1 01:10 01:10 01:16 01:16 01:17 01:17 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07 02:34 05:06	00:31 00:33 00:33 2:09.29 2:09.29 McCarthy 00:34 00:34 00:36 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18 01:17 01:19 01:18 01:18	02:27 05:02 02:35 00:04 02:36 02:36	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:41 00:41 00:41 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:20 01:21 01:22 01:23 01:23	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41 00:10 02:44 05:26	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 00:32.9 2:01.50 3rd 00:32 00:32.9 2:01.50 3rd 00:34 00:34 00:38 00:38 00:38 00:39 00:39 00:39 00:38 00:39 00:38 00:39 00:38 00:39 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38	00:58.4 01:03.1 01:10 01:10 01:16 01:16 01:17 01:17 01:17 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07 02:34	00:31 00:33 00:32 2:09.29 3.00:32 2:09.29 00:34 00:34 00:36 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18 01:17 01:18 01:18 01:18 01:11	02:27 05:02 02:35 00:04 02:36	00:37 00:38 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:41 00:41 00:41 00:41 00:41 00:40 00:39	you c skills. learn meet C board 01:15 01:20 01:20 01:21 01:22 01:23	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41 00:10 02:44	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	tegy and re need to essary to across the nd better
800 McAsey 00:28.4 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 00:30.2 2:01.50 3rd 00:34 00:34 00:34 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:38 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:38	00:58.4 01:03.1 01:10 01:10 01:16 01:16 01:17 01:17 01:17 01:17 01:17	00:04.7 02:26 04:59 02:33 00:07 02:34 05:06	00:31 00:33 00:33 2:09.29 2:09.29 McCarthy 00:34 00:34 00:36 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39 00:39	01:04.2 01:05.1 PR 2.9 01:10 01:10 01:17 01:18 01:17 01:18 01:18 01:18 01:11	02:27 05:02 02:35 00:04 02:36 02:36	00:37 00:38 00:40 00:40 00:40 00:40 00:41 00:41 00:41 00:41 00:41 00:41 00:41 00:41	you c skills. learn meet C board 01:15 01:20 01:20 01:20 01:21 01:22 01:23 01:23	an impro There a to push to DUR NEE d and are improv 02:35 05:16 02:41 00:10 02:44 05:26	ve upon r re races i the pace DS! We poised fo	acing stra in which w when nece improved or more ar	ve need to essary to across the nd better