

			<b>Viking Invitational</b>					50 Degrees		
			<b>4/21/12</b>					Wind NE 10 mph		
			<b>Varsity</b>					Sunny & Nice		
<b>4 x 800</b>	<b>8:25.05</b>	<b>2nd</b>								
<b>Roeske</b>			<b>Al Idarraga</b>			<b>Enright</b>			<b>McAsey</b>	
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		00:28.6	01:00.5
00:34.3		<b>00:10.5</b>	00:32.6		<b>00:04.1</b>	00:32.4		00:06.2	00:29.9	<b>00:00.5</b>
00:37.0	01:11.3		00:33.0	01:05.6		00:32.9	01:05.3		00:31.0	01:01.0
<b>02:12.1</b>	<b>PR</b>		<b>02:07.1</b>	<b>PR</b>		<b>02:04.4</b>	<b>PR</b>		<b>02:01.5</b>	<b>8:25.05</b>
	<b>1.4</b>			<b>1.1</b>			<b>1.7</b>			
<b>1600</b>										
<b>Reardon</b>			<b>B Hushek</b>			<b>Sprenger</b>				
00:34			00:35			00:35				
00:36	01:10		00:36	01:11		00:36	01:11			
00:36			00:36			00:36				
00:36	01:13	02:23	00:37	01:13	02:24	00:37	01:13	02:24		
00:33			00:36			00:35				
00:35	01:08	<b>00:09</b>	00:35	01:11	<b>00:02</b>	00:38	01:13	<b>00:01</b>		
00:34			00:36			00:37				
00:32	01:06	02:14	00:36	01:11	02:22	00:36	01:12	02:25		
<b>4:36.63</b>	<b>PR</b>		<b>4:45.53</b>			<b>4:49.09</b>	<b>PR</b>			
<b>2nd</b>	<b>2.8</b>						<b>1.5</b>			
<b>800</b>										
<b>McAsey</b>			<b>Frederick</b>			A terrific start to the outdoor season. I know you can improve upon racing strategy and skills. There are races in which we need to learn to push the pace when necessary to meet OUR NEEDS! We improved across the board and are poised for more and better improvements next week.				
00:28.4			00:31							
00:30.0	00:58.4		00:33	01:04.2						
00:30.2		<b>00:04.7</b>	00:33		<b>00:00.9</b>					
00:32.9	01:03.1		00:32	01:05.1						
<b>2:01.50</b>			<b>2:09.29</b>	<b>PR</b>						
<b>3rd</b>				<b>2.9</b>						
<b>3200</b>										
<b>Demet</b>			<b>McCarthy</b>			<b>Meilinger</b>				
00:34			00:34			00:37				
00:36	01:10		00:36	01:10		00:38	01:15			
00:38			00:38			00:40				
00:38	01:16	02:26	00:39	01:17	02:27	00:40	01:20	02:35		
00:38			00:39			00:40				
00:38	01:16	<b>04:59</b>	00:39	01:18	<b>05:02</b>	00:40	01:20	<b>05:16</b>		
00:38			00:39			00:41				
00:38	01:17	02:33	00:38	01:17	02:35	00:40	01:21	02:41		
00:39			00:39			00:41				
00:38	01:17	<b>00:07</b>	00:39	01:19	<b>00:04</b>	00:41	01:22	<b>00:10</b>		
00:39			00:39			00:41				
00:39	01:17	02:34	00:39	01:18	02:36	00:42	01:23	02:44		
00:39			00:39			00:41				
00:38	01:17	<b>05:06</b>	00:39	01:18	<b>05:06</b>	00:41	01:23	<b>05:26</b>		
00:38			00:38			00:40				
00:37	01:14	02:31	00:33	01:11	02:30	00:39	01:19	02:41		
<b>10:04.46</b>	<b>PR</b>		<b>10:08.12</b>	<b>PR</b>		<b>10:41.60</b>				
<b>5th</b>	<b>14.0</b>		<b>6th</b>	<b>13.3</b>						