

			Viking Invitational					38 Degrees		
			4/20/13					Wind NW 10 mph		
			Varsity					Sunny & Cool		
4 x 800	8:50.78	4th								
Carter			Conlon		An. Idarraga		M Burbach			
00:30.0			00:30.5		00:29.4		00:31.3			
00:32.5	01:02.5		00:32.3	01:02.8	00:33.1	01:02.5	00:32.5	01:03.8		
00:34.2		00:07.0	00:34.0		00:07.8	00:34.5	00:07.0	00:34.5		00:05.8
00:35.3	01:09.5		00:36.6	01:10.6	00:35.0	01:09.5	00:35.1	01:09.6		
02:12.0	PR		02:13.4	PR	02:12.0	PR	02:13.4	PR		8:50.78
	7.5			4.0		7.6		3.5		
1600										
J Burbach			Sprenger							
00:33			00:33							
00:34	01:07		00:34	01:07						
00:35			00:35							
00:36	01:11	02:17	00:36	01:11	02:17					
00:36			00:36							
00:37	01:13	00:05	00:37	01:13	00:07					
00:35			00:37							
00:34	01:09	02:22	00:35	01:12	02:25					
4:39.54	PR		4:42.17	PR						
	3.56			0.33						
800										
Enright			Steinhafel							
00:30.6			00:32.5							
00:31.9	01:02.5		00:31.0	01:03.5						
00:29.7		00:02.6	00:31.5		00:02.9					
00:30.2	00:59.9		00:34.9	01:06.4						
2:02.43			2:09.86							
2nd										
3200										
McCarthy			Heinrich		Matzuk					
00:34			00:34		00:34					
00:37	01:10		00:37	01:11	00:37	01:11				
00:38			00:37		00:38					
00:38	01:16	02:26	00:38	01:15	02:26	00:38	01:16	02:27		
00:38			00:38			00:38				
00:37	01:15	04:57	00:37	01:15	04:58	00:39	01:17	05:02		
00:38			00:38			00:38				
00:38	01:16	02:31	00:39	01:16	02:32	00:39	01:18	02:35		
00:38			00:38			00:40				
00:39	01:17	00:01	00:41	01:20	00:17	00:40	01:20	00:12		
00:38			00:41			00:40				
00:39	01:17	02:34	00:41	01:22	02:42	00:40	01:21	02:41		
00:37			00:42			00:40				
00:37	01:15	04:58	00:41	01:23	05:14	00:39	01:20	05:14		
00:36			00:36			00:38				
00:34	01:10	02:24	00:33	01:09	02:32	00:36	01:13	02:33		
9:54.95	PR		10:11.96		10:15.95	PR				
4th	12.82					13.91				

A solid start to the outdoor season. Many positive steps forward were made. These were the steps we needed to make today and that goal was achieved. Improvements need to be made in our mental preparation and following through with our commitments during the race. We will continue to work on this in the weeks ahead.