

# April 19th Handicapped 1600m Run

Final Practice of the season. We will have Pop-cicles to celebrate our successes!

Prizes will be Awarded for:

- \* Best Time compared to their Season Best (Male & Female)
- \* Best Individual Costume
- \* Best Group Costume

	Heat #1	Season Best	Start Time	Clock Time	Net Time	Improvement
1	Kristy D	7:59	0:00	8:01	8:01	-0.4%
2	Katie Mon	6:17	1:42	8:01	6:19	-0.5%
3	Ben S	6:15	1:44	8:03	6:19	-1.1%
4	Amanda L	6:06	1:53	8:03	6:10	-1.1%
5	Kathryn B	6:08	1:51	8:04	6:13	-1.4%
6	Savannah M	6:19	1:40	8:10	6:30	-2.9%
7	Kayla K	6:15	1:44	8:10	6:26	-2.9%
8	Annaleigh L	6:26	1:33	8:11	6:38	-3.1%
9	Lauryn T	6:40	1:19	8:12	6:53	-3.2%
10	Shivani M	6:39	1:20	8:12	6:52	-3.3%
11	Grace B	7:37	0:22	8:16	7:54	-3.7%
12	Katie McD	6:39	1:20	8:15	6:55	-4.0%
13	Abbey B	7:16	0:43	8:19	7:36	-4.6%
14	Sara P	6:08	1:51	8:16	6:25	-4.6%
15	Gabby C	7:12	0:47	8:19	7:32	-4.6%
16	Megan L	6:27	1:32	8:19	6:47	-5.2%
17	Katie B	7:42	0:17	8:24	8:07	-5.4%
18	Gavin F	6:27	1:32	8:21	6:49	-5.7%
19	Alanis	7:00	0:59	8:24	7:25	-6.0%
20	Lily D	6:59	1:00	8:25	7:25	-6.2%
21	Madison	6:42	1:17	8:24	7:07	-6.2%
22	Hallie M	6:41	1:18	8:24	7:06	-6.2%
23	Reese B	6:30	1:29	8:26	6:57	-6.9%
24	Anna N	7:35	0:24	8:33	8:09	-7.5%
25	Kiana S	7:42	0:17	8:48	8:31	-10.6%
26	Maddy R	6:07	1:52	8:39	6:47	-10.9%
27	Kathleen L	6:58	1:01	8:47	7:46	-11.5%
28	Kynlee	6:49	1:10	8:49	7:39	-12.2%
29	Abby P	7:56	0:03	10:52	10:49	-36.3%

	Heat #2	Season Best	Start Time	Clock Time	Net Time	Improvement
1	Kyle D	5:18	0:37	5:53	5:16	0.6%
2	Heather	5:55	0:00	5:54	5:54	0.3%
3	James D	5:35	0:20	5:59	5:39	-1.2%
4	Finn	5:16	0:39	6:02	5:23	-2.2%
5	Jadyn S	5:40	0:15	6:03	5:48	-2.4%
6	Angelo	5:33	0:22	6:05	5:43	-3.0%
7	Andrew K	5:44	0:11	6:06	5:55	-3.2%
8	Matthew	5:07	0:48	6:06	5:18	-3.6%
9	Adam	4:56	0:59	6:12	5:13	-5.7%
10	Jordan C	5:50	0:05	6:19	6:14	-6.9%
11	Zack Z	5:03	0:52	6:17	5:25	-7.3%
12	Jacob	4:57	1:00	6:19	5:19	-7.4%
13	Andrew S	5:07	0:48	6:18	5:30	-7.5%
14	Devin	5:40	0:15	6:37	6:22	-12.4%
15	Jack C	5:08	0:47	6:35	5:48	-13.0%
16	Kevin	5:03	0:52	6:35	5:43	-13.2%
17	Octavio	5:08	0:47	6:36	5:49	-13.3%
18	Nathan	4:53	1:02	6:35	5:33	-13.7%
19	Ethan	5:29	0:26	6:42	6:16	-14.3%
20	Justin M	5:13	0:42	6:42	6:00	-15.0%
21	Lucas B	4:52	1:03	6:42	5:39	-16.1%
22	Jonah	5:17	0:38	7:03	6:25	-21.5%
23	Joseph P	5:34	0:21	7:13	6:52	-23.4%
24	Logan M	5:13	0:42	7:13	6:31	-24.9%