

# Cruise Intervals w/ 100m jog rec

Boys 8 x 300m

Girls 6 x 300m

CD = 20 min run

Name	300m
Sully	0:55
Noah	0:58
Andrew S	1:00
Matthew C	1:00
Brian	1:01
Mark	1:01
Kaden	1:01
Lucas	1:01
Matthew W	1:01
Nolan	1:02
Andrew K	1:10

Name	300m
Riley	1:10
Eliza	1:10
Allison	1:12
Lydia	1:13
Kylie	1:13
Ainsley	1:15
Jordan	1:15
Katie	1:16
Marley	1:17
Liz	1:18
Lily	1:26