

# PRACTICE TIMES - October 22, 2015

Location: PHS Track

WEATHER: sunny, light breeze sub5mph, mid 60s

WORKOUT: 1600m TT for JV and FS (end of season)

Level 1:

Level 4:

Level 2:

Level 5:

Level 3:

Level 5+:

NAME	Year	Lev	vDOT	R-pace	PR	1600m TT	**PR**		PLACE	NAME	TIME
Wilson, Brooke	2017	4	60.0	4:56	4:59TrkSo				1	Galloway, Elizabeth	5:36.9
Valentini, Marissa	2019	2	56.5	5:20	5:43JrHigh				2	Damerjian, Brit	5:42.2
White, Aileen	2017	4	56.5	5:20	5:32TrkSo				3	Heil, Molly	5:44.8
O'Grady, Julia	2019	2	55.0	5:24	5:43JrHigh				4	Rouse, Kaitlyn	5:45.1
Baltes, Jenna	2019	2	54.5	5:24					5	Kitzmilller, Sydney	5:45.5
Olsen, Mikayla	2018	2.5	54.0	5:28	5:42TrkFr				6	Holloway, Veronica	5:51.6
Leeney, Molly	2017	3	53.0	5:36	5:45TrkSo				7	Horton, Aryana	5:55.3
Drew, Cori	2019	2	51.5	5:44	5:43JrHigh				8	Mr. Welter	6:09.5
Holloway, Veronica	2016	4	51.5	5:44	6:05.9XCjr	5:51.6	**		9	Paczko, Mary	6:16.6
Rouse, Kaitlyn	2018	2.5	51.0	5:44	5:51TrkFr	5:45.1	**		10	Selep, Cassidy	6:17.1
Heil, Molly	2017	3	51.0	5:44	5:42TrkSo	5:44.8			11	Heil, Maggie	6:17.9
Galloway, Elizabeth	2017	3	50.5	5:48	5:45XCSo	5:36.9	**		12	Tapia, Gabi	6:22.0
Damerjian, Brit	2017	3	50.0	5:48	5:47XC	5:42.2	**		13	Smith, Shannon	6:25.7
Selep, Cassidy	2016	2.5	49.5	5:54	5:57.0XCjr	6:17.1			14	Rishko, Wilma	6:25.8
Kitzmilller, Sydney	2018	2	48.5	6:00	5:53TrkFr	5:45.5	**		15	Fanslow, Lizzie	6:32.7
Horton, Aryana	2019	1	48.0	6:00	5:50JrHigh	5:55.3			16	Galliano, Jacqueline	6:32.8
Permanian, Kate	2019	1	47.0	6:08		DNR			17	Sipko, Nicole	6:35.3
Page, Amanda	2017	3	46.0	6:16	5:47XC Fr	logged 1 mile			18	Nyain, Sanworlee	6:51.0
Heil, Maggie	2019	1	45.5	6:24		6:17.9	**		19	Leguer, Diana	7:10.05
Paczko, Mary	2018	2	45.0	6:24	6:12XCfr	6:16.6			20	Henckel, Katy	7:11.9
Ekiert, Aleksandra	2018	1	44.0	6:32		DNR			21	Cavanagh, Emily	7:14.7
Tapia, Gabi	2018	2	43.5	6:40	6:31XCfr	6:22.0	**		22	Zalesny, Lora	7:22.2
Rishko, Wilma	2018	2	43.0	6:40	6:18TrkFr	6:25.8			23	Igras, Kamila	7:29.9
Smith, Shannon	2016	1	43.0	6:40		6:25.7	**		24	<b>16 of 23 PRs, AMAZING DAY!</b>	
Galliano, Jacqueline	2019	1	43.0	6:40	6:35?JrHigh	6:32.8	**		25		
Dircks, Faith	2018	2	42.5	6:48	6:21XCfr	Back			26		
Sipko, Nicole	2018	2	40.5	7:04	6:50TrkFr	6:35.3	**		27		
Fanslow, Lizzie	2018	1	40.0	7:04		6:32.7	**		28		
Henckel, Katy	2016	3	40.0	7:04	6:30?	7:11.9			29		
Nyain, Sanworlee	2019	1	39.5	7:12		6:51.0	**		30		
Zalesny, Lora	2019	1	39.0	7:12		7:22.2	**		31		
Cavanagh, Emily	2016	1	39.0	7:12		7:14.7	**		32		
McDonagh, Caele	2016	3	38.5	7:20		DNR			33		
Ryan, Katy	2016	3	38.5	7:20	6:20XCjr	ABS			34		
Paczko, Ellen	2016	3	38.0	7:20	6:35JrHS	DNR			35		
Ayala, Sabrina	2019	1	38.0	7:20		ABS			36		
Igras, Kamila	2018	1	38.0	7:20		7:29.9	**		37		
Leguer, Diana	2019	1	37.0	7:28		7:10.1	**		38		
Brzys, Nicole	2018	1	33.0	8:16		DNR			39		
Harms, Suzanne	2019	1			5:24?JrHigh	ABS			40		