

	800m	1600m	3200m	3 Mile	CV	LT
ALPHA	START HERE!					
APEX	2:53.17 (86)	6:29.99 (97)	14:08.97 (1:45)	21:46 (1:49)	7:51 (1:57)	8:08 (2:01)
BREEZE	2:40.49 (80)	5:59.99 (90)	13:00.72 (96)	20:02 (1:40)	7:10 (1:47)	7:28 (1:51)
CLOUD	2:34.53 (77)	5:46.38 (86)	12:29.83 (93)	19:14 (96)	6:53 (1:43)	7:08 (1:46)
DELTA	2:29.66 (75)	5:34.64 (84)	12:03.48 (90)	18:33 (93)	6:38 (99)	6:52 (1:42)
ECHO	2:23.85 (72)	5:21.02 (80)	11:32.83 (86)	17:48 (89)	6:21 (95)	6:34 (98)
JUNIOR VARSITY						
FOXTROT	2:20.14 (70)	5:12.37 (78)	11:13.73 (84)	17:15 (86)	6:09 (92)	6:22 (95)
GHOST	2:16.11 (68)	5:03.42 (76)	10:53.42 (81)	16:45 (84)	5:58 (89)	6:10 (92)
VARSITY						
HYDROX	2:12.27 (66)	4:54.59 (73)	10:32.39 (78)	16:12 (81)	5:46 (86)	5:58 (89)
IGLOO	2:08.38 (64)	4:45.72 (71)	10:12.35 (76)	15:42 (79)	5:35 (83)	5:47 (86)
JADE	2:04.43 (62)	4:36.38 (79)	9:53.20 (74)	15:13 (77)	5:23 (81)	5:35 (83)
KILO	2:01.81 (60)	4:29.99 (67)	9:39.02 (72)	14:49 (74)	5:16 (79)	5:26 (81)
LUIGI	1:59.74 (59)	4:25.36 (66)	9:28.54 (71)	14:34 (73)	5:10 (77)	5:20 (80)