

Mile Group	2008 VDOT	2007 VDOT	2006 VDOT		Grade	Personal Best 2008	Personal Best 5k (2007)	Personal Best 5k (2006)	2 Mile on Track		3 X 1 Mile Workout	Batch @ Channahon	Cherokee Challenge (2 Mile)	Batch @ Westhampton	S.J. Shootout	Batch @ Morestown	Shore Coaches	Batch @ NB	S.J. Open	Burl. Co. Fresh/Soph	County Open	Divisional Meet - New Egypt	SJTCA Fresh/Soph	Sectionals	Group Champs
									8/25	Total 3X1															
h	66	63	59	Ringwood	12	16:05	16:54	17:22	10:31	15 10	16:53	10:10		16:55	17:13	16:44	16:22	16:26		16:48	16:05		16:45	17:21	
h	65	64	61	Friedman	12	16:19	16:29	16:52	10:39	15 11	16:27	10:40		17:13	17:22	16:55	17:08	16:46		16:57	16:19		16:47	17:50	
h	63	64	52	Greenwood	11	17:28	17:04	19:18	10:37	16 0	17:38			17:43	17:58	17:23	17:18	17:28		17:55			17:40	17:55	
h	63	62	57	Matteson	12	16:42	17:15	17:49		15 52	17:05	10:36		17:27	18:21	17:39	17:10	17:00		17:21	16:42		17:16	17:34	
h	62	61	54	Wolff	12	16:53	17:40	18:28		16 40	17:45	10:56		17:58	17:58	18:02	17:12	17:35		17:36	16:53		17:24	17:45	
h	61	55	46	Weintraub	11	17:05	19:19	21:47	11:06	16 40	17:47	10:47	17:42	17:49	18:24	17:56	17:25	17:36		17:48	17:05		17:20	20:01	
h	61	56		Wilson	12	17:26	18:48		11:45	16 40	18:47	11:25	17:49	19:00	18:40	18:28	18:03	18:10		18:23	17:26		18:21	18:54	
h	60	56	47	Ems	11	17:49	18:42	20:46		16 40	17:55	10:59	17:49	18:05	18:28	18:17	17:30	18:55		18:56					
h	60	55	49	Robinson	11	17:42	19:03	20:01	11:06	16 40	17:46	10:45	17:42	17:57		18:40	18:47			18:26	17:42				
h	60	55	48	Balch	12	17:50	18:58	20:27	12:01	17 14	18:16	11:08	17:50	18:15	18:48	18:42	17:45	18:02		18:34					
m	58	52		Samocki	10	18:17	20:21		12:15	17 38	18:17	11:11	18:46		18:58	18:43	18:06	18:20	19:29	18:47		21:01			
m	57			Inglis	9	18:28			13:02	20 15	19:37	11:46	19:23	14:49	19:47	12:29	18:57	18:28	11:23	18:40		13:40			
h	57			Nece	9	18:25			12:57	17 52	19:02	11:39	19:15	14:36	19:42	12:41	19:09	18:25	11:22	19:08		14:03			
m	57	52		Monaghan	10	18:21	19:41		13:03	18 52	19:01	11:47	19:02	19:42	19:37	19:07	19:09	18:21	18:53	18:48		18:25			
m	57	46		Rothenberger	10	18:24	22:34		13:02	18 33	19:39	11:51	19:07	19:15	19:38	19:11	19:16	18:24	19:08	19:14		18:52			
m	57	54	48	Szumski	11	18:37	19:00	20:29	12:08	17 3		11:27	18:37		19:16			18:44							
m	57	54	49	Josephson	12	18:27	19:17	20:02		18 14	19:29	11:42	18:44	19:04	19:35	19:09	18:47	18:27		19:00					
m	56			Shipley	10	19:00			13:32	18 35	19:35	11:50	19:34	19:48	19:57	19:19	19:27	19:00	19:24	19:42		19:00			
m	56	52	45	Minnick	11	18:49	19:55	21:58		19 3	19:53	11:54	19:29	20:09	19:53	19:26	20:12	18:49		19:27					
m	55			Sheehan	9	19:09			13:21	18 22	19:09	11:51	19:25	14:46	20:31	13:36		11:44	20:15	20:03		14:58			
m	55			Schwartz	11	18:57			13:28	18 56	20:03	11:50	19:22		19:56		19:10	18:57		19:44					
m	55			Shelley	12	18:39			13:29	18 56	19:03	11:32	19:27	19:36	19:41		19:09	18:39		19:30					
m	54			Lentz	9	19:42			13:29	19 5	21:02	11:55	19:42	15:00	20:35	12:45	20:11	11:13	11:45						
l	54			Renzi	9	20:15				19 43	20:18	11:53	20:15	15:09	20:37	12:44	20:11	11:23	11:46			14:15			
m	54	46		Ruetsch	10	19:14	23:27		13:14	18 54	20:04	12:16	19:33	19:48	19:55	20:34	19:29		20:31	20:01		19:14			
m	53	45		Regan	10	19:45	23:20		13:16	19 25	20:41	12:34	19:45	20:43	20:50	19:59	20:12	19:47	20:08	19:57		20:01			
m	53	52	45	Fitzsimons	11	19:36	19:55	21:52			19:57	12:20	19:46	20:37	20:52	20:30	19:39	19:36		19:37					
m	53			Sexton	12	19:41			13:28	19 0			19:41	20:44	20:52		20:10	20:01		20:55					
m	53	56	51	Simpson	12	19:30	18:49	19:22		18 44	19:54	12:10		20:15			20:07	19:30		20:02					
m	53			Thomas	12	19:25			13:45	18 48	20:11	12:12	20:07	21:05	20:39	20:07	19:51	19:34		19:25					
m	52			Cain	9	20:13			13:48	20 26	21:55	12:15	21:03	15:11	22:16	13:15	20:32	11:44	11:58	20:13		15:07			
m	52			Lavery	9	19:54			13:02	19 48	21:05	12:15	20:41	15:09	21:02		20:13	11:38	12:14	19:54		14:46			
m	51			Hendrickson	9	20:26			13:15	19 31	21:01	12:26	20:26	15:16	21:29	13:13	20:24	11:55	12:15	20:32		14:40			
m	51	47		Fowler	10	20:51	22:16			20 28	21:25	12:56	21:03	21:09	21:29	20:57	20:38		21:24	20:51		20:53			
l	51			Klawunn	10	21:05			15:00	20 31	21:45	12:20	21:10	21:13	21:53		21:02		21:44	21:21		21:05			
l	51			Possenriede	10	21:11				21 17	21:48	12:32	21:11	21:15	21:56		21:02		21:27	21:25		21:11			
m	51	52		Kaiser	11	20:20	19:58		13:48	20 8	21:17			21:03	21:01	21:16	20:51	20:20	20:27		20:24				
l	51	49	46	Fauvell	12	20:04	20:37	21:24	14:24	20 33					20:50	21:20		20:04		20:31					
m	51	52	48	Shah	12	20:24	19:40	20:25	14:04	19 29	20:24	12:31	20:40	21:42	20:55			21:13		21:15					

