

Here are you lap splits from the 800M on Saturday. Good Job everyone.

Name	Lap 1	Lap 2	Time	Lap Difference
Jessica	1:24	1:55	3:19.33	31
Michael McLean	1:11	1:21	2:32.07	10
Cortland	1:17	1:29	2:46.90	12
Spencer	1:19	1:31	2:50.35	12
Jared	1:24	1:33	2:57.72	9
Ali Spencer	1:13	1:24	2:37.81	11
Sam G	1:07	1:16	2:23.16	9
Zackary	1:11	1:23	2:34.62	12
Andrew	1:02	1:15	2:17.76	13
Tyson	1:05	1:16	2:21.83	11
Tanner	58	1:07	2:05.29	9
Parker	59	1:12	2:11.06	12
Erin			2:43.53	
Kaitlyn			2:45.53	
Marci			2:50.69	
Brittany			3:03.02	

Note: Lap spits should be around 2 seconds from each-other. Keep in mind that if you would of slowed down your first lap you could a had a much faster second lap and ran a better time.

Sorry I didn't get all of your times I must of forgot to save them☹

Here are you lap splits from the 800M on Saturday. Good Job everyone.

Name Jessica Michael McLean

Lap 1 Lap 2 Time Lap Difference

1:24 1:55 3:19.33 31

Note: Lap spits should be around 2 seconds from each-other. Keep in mind that if you would of slowed down your first lap you could a had a much faster second lap and ran a better time.

Sorry I didn't get all of your times I must of forgot to save them☹

1:11 1:21 2:32.07 10

Cortland 1:17 1:29 2:46.90 12 Spencer 1:19 1:31 2:50.35 12
Jared 1:24 1:33 2:57.72 9 Ali Spencer 1:13 1:24 2:37.81 11
Sam G 1:07 1:16 2:23.16 9 Zackary 1:11 1:23 2:34.62 12 Andrew
1:02 1:15 2:17.76 13 Tyson 1:05 1:16 2:21.83 11 Tanner 58 1:07
2:05.29 9 Parker 59 1:12 2:11.06 12
Erin 2:43.53 Kaitlyn 2:45.53 Marci 2:50.69 Brittany 3:03.02