

Time Trial #1

8/15/18, 89 Degrees

Boys

Girls

<u>Name</u>	<u>1st Mile</u>	<u>2nd Mile</u>	<u>Total</u>	<u>Name</u>	<u>1st Mile</u>	<u>2nd Mile</u>	<u>Total</u>
Austin	5:20	5:22	10:42	Emily F	6:13	6:27	12:40
Miguel	5:22	5:31	10:53	Elizette	6:13	6:29	12:42
Trace	5:34	5:30	11:14	Jessie	6:13	6:34	12:47
Murphy	5:39	5:38	11:15	Taylor	7:12	7:17	14:29
Marcos	5:32	5:54	11:28	Emily H	7:12	7:20	14:32
Dario	5:38	5:55	11:33	Camille	7:12	7:32	14:44
Diego	5:38	5:54	11:42	Emily Hanson	7:25	7:30	14:56
JP	5:39	6:15	11:54	Blanca	7:19	7:47	15:06
Angel	5:31	6:34	12:05	Mackenzie	7:27	7:43	15:10
Jace	5:48	6:41	12:29	Kaitlyn	7:26	7:52	15:18
Tanner	6:24	6:37	13:01	Brianna	7:26	8:00	15:26
Michael	6:36	6:58	13:34	Hannah K	7:26	8:49	16:15
Silvano	6:14	7:35	13:49	Tori	8:14	8:50	17:04
Daniel	6:44	7:24	14:08	Jasmine	7:23	10:19	17:42
David	7:27	7:28	14:55	Celeste	9:00	9:05	18:05
John	7:29	8:13	15:42	Emily O	9:06	9:01	18:07
Jay	8:15	7:27	15:42	Hannah A	9:06	9:04	18:10
Jacob	8:15	8:05	16:20	Aolanie	9:06	9:52	18:58
Franny	8:14	8:19	16:33	Anastasia	9:07	10:08	19:15
Micah	8:10	8:49	16:59	Montse	11:00	12:28	23:38
Luke	9:43	11:46	21:27				

Coaches Comments

Very impressive first time trial! It is obvious that the training of the experienced runners has gone very well this summer. I don't believe we've ever had a boys group pack at the front like this on a time trial. This ability for the boys to run together and push each other will be a huge asset to the team as the season progresses. On the girls side, we put up the #3, #4, and #5 times all time.....and this was only the first time trial.

Many of you ran positive splits. This indicates you went out harder than the teams normally do. Let's work toward even or slightly negative splits in the second TT. The time trial that really counts is in 2 weeks.