

## 2018 Outdoor Goals

Formatting hint: to get a giant cell like on the username and events, highlight all the cells and click "merge all cells" in formatting

Username	Events	Goals	Priority (A-F)	Notes	Date Achieved	Notes from other users
kmck96	800m, 1600m	Qualify for Nats	A	These are example goals I'd better not actually be running these events I am a distance boi now		
		Sub-1:54	B-			
		sub-4:15	D			
maxheller	800m	Sub-1:56	A	The time I need to walk on to Brown's team NY is pretty crazy, so not terribly feasible, but I'll do my best		
		Qualify for State	C			
sethinator	800m, 1500m	Stay injury-free	A			
		Sub- 5:00	B	It's a national standard to be sub-5 for a HS girl in the 1500m. Last year, my PB was 5:00. Just want to finally break it		
RedRobinsTheBest	1600m	Sub- 5:20		Current date: 10/23/21. I made this goal as a freshman, and now I've graduated (what?!). I hit 5:22 in the mile with a rough spring season, and that's the fastest I've ever gone. I dropped track sophomore year in favor of robotics, and when Junior year came around, COVID hit and sports were out.		
Xcpa9	800(maybe just the relay?), 1600m, 3200m	Injury free, sub 11 in the 3200	A	I really don't want to miss part of the season/ I broke 11 during an xc 5k so...	4/28- I haven't been running the 3200 much so I was kinda lucky to go 10:55	
		Qualify for district championships	B	Probably would require my C goals, but who knows	Our 4x8 made it lol, we've got a good chance to medal	
		Sub 4:40 and 10:30	C	If I get below 4:40, that puts me on pace to break the school record senior year	Didn't achieve- I focused on the 4x8 this year, so I only ran one 1600 on fresh legs	
Lescal	1600m, 3200m	Sub 10:30 in 3200m	A	Both of these times are important milestones for me, but the 3200m is my primary event.		
		Sub 5:00 in 1600m	A-			
Fax						
Phoenix-182						
ZodiasK	1600, 3200 mainly, 800 for relays or experience	go to sectional/regional in the 1600	A	Requires me to be one of the top two guys in the event on my team. It's looking good for me so far, w/ the second best PR of guys who aren't focussing on the 800 or 3200		
		sub-4:40	B		Current PR: 4:51	
		sub-10:10	C		Current PR: 10:46	
Oh2BeAGunner	Mainly 4x800m & 1600 but at least one 3200m	split 1:58	B	Never run anything less than the 1600 before this season. First signs in 800m intervals looking promising though. Current best 2:04. NC 3A is more competitive than it has ever been this year so all-state will be extremely tough. Current best 4:27 in a time trial mid-XC season. Just want to run once to get a time that corresponds to my XC and mile times a bit better. Current PR of 9:53 is outdated.		
		sub 4:22 and all-state	A			
		sub 9:30	A-			
	800	2:00	B+	Coming off of 2:05 last year with some injury. Will become my main focus if I'm making more progress here		
HunterButz	1600	4:35	A	This is my main goal for this year, and could take me to state (weak regional)		
	3200	10:30	C-	Don't really care much for this one, but it's still something I'd like to do	3/24/18 10:16	
duckwagon	800	1:53	C	School records set by one guy 40 years ago. If I do these I can walk on wherever I'm going to school. Will need to eat well, sleep well, and train hard. Current PRs: 2:15, 4:38, 10:25, As of 5/4/2018 9:58		
	1600	4:12	A			
oohbleck	3200	8:58	B			
	1600	4:45	a	haven't broken 5 and it's junior year. sucks		
	3200	10:30	b	could've happened last season but I got strained right before the last meet.		
	3k steeple	Cities qualifying	C	starting this season... really want to love it		
GodspeedVII	1600	Sub 4:40	A	Can do this in the next race if I push really hard (Current PR 4:44) same (Current PR 10:16) also, same as the top (Current PR 2:03 high)		
	3200	Sub 10:00	B			
	800	Sub 2:00	C			

Username	Events	Goals	Priority (A-F)	Notes	Date Achieved
kmck96	Marathon, half marathon	2:35 OKC Marathon	A	Main goal, looking tough based on recent workouts and nagging injuries	
		Sub 2:40 marathon	B-	Backup goal. Definitely should be able to hit this	
		1:14 half marathon	D	Really non essential, just want to have a fast half time	
Z3R0-0	400m	Sub 52 400m	A	Tore my acl after first meet. RiP track season	
		Qualify for Nationals (8224)	C		
greendaymagg	Hammer	Qualify for state meet (143' in qualifier or top 18 people)	A	I'm sick of throwing in the JV State meet and really want to throw with the best girls around	Missed states by one person :(
		Hit 150' by the end of summer	B	Good number to hit and show colleges	It's not the end of summer yet but I've basically burnt out this season which is seriously upsetting
		Place in NBON EE Hammer	C	I'll be throwing in both EE and Champ, and it took 135ish to place last year, it would be pretty cool to get a medal at the national meet even if it's EE	
GGC_PollyLejustice	Mile	4:50 1600m Stay injury free	A B	I am just a freshman but this would be a dream (PR 5:04) I stayed fairly injury free and would like to keep it that way	
magicpants69	400/800	4x400 WIN STATE	A	Current 11th place, at 3:30 but the ability and potential to drop sub 3:20	
		48.5/1:55	B	Current PR's 51 and 2:03, this is first year with good coaches and taking track seriously	
		Drake Relays 4 events	B	4x400, 4x800, 4x200, Distance Medley Relay	
Jeremy2015	General	Get healthy and stay healthy for the rest of the season	A+++	Hopefully this is going to happen.	5/23 Failed to get healthy at all and just going to start training for cross country when I can.
	3200m	11:59	A (Reach)	Big reach. As of 4/19 I am not in good enough shape. Hopefully I can work on that.	
		12:30	B (Main)	Main goal and it probably won't be too hard.	4/19 In a rainy and windy race I got 12:18
	1600m	5:25	A (Reach)	Not too much of a reach. Hopefully I can reach this soon. This will probably indicate a sub 12 in the 3200m.	
		5:35	B (Main)	Main goal and again, it will probably be pretty easy.	4/12 Almost there. Got 5:38 with bad pacing.
800m	2:23	C	Don't really care about the 800m but I know I have to do it.		
trialsomilesotrials	1600/800	4:24/1:57/qualify for state	A+ (reach)	Currently at 4:37 and 2:05, but anticipating large drops in the near future (crossing my fingers, of course). School records are 4:24/1:59, state qualifying would be 4:20-30/1:58.	State in 1600 on 6/4
		4:29/1:59	A (main)		4:30.7 and 1:58.8
		Win conference and county	C		County in both, sucked at conference
flustard	400 hurdles/Decathlon/Jav	57 400IH	A	Should be able to break 60 at first meet	
		165' Jav	B-	No idea how close I am	
		6000 in Decathlon	B	Should happen with some extra training	
TheGreatConjecture	800/1600/3200	2:02 800m Regional Qualifier	A	Been pretty frustrated lately with my performance in the 800, can't break the high 2:06-7 area to save my life	
		4:32 1600 Regional Qualifier	B	Probably the easiest of my goals, I have a teammate who I am very similar to in workouts who has done it and I have gotten really good training in	
		Sub 10:00 3200	C	I have never run the 3200 before but I want to see how I shape up, the plan is just to stick with my teammate and hold on for dear life	
Rawr-mageddon	400/400H/800	Sub 60 400H	B	2015 Outdoor PR - 63.01. I just ran a 64.x like it was a walk in the park which was reassuring, but I definitely need to ramp it up to break 60.	Did not complete - Constantly hitting 64-66 easy, but focused more on 400/800 into the later season
		Sub 52 400	B+	2015 Outdoor PR - 53.35. Given my fitness compared to last year, I think breaking this barrier shouldn't be too hard.	Did not complete - 52.5 4x4 split/53.19 open 400
		Sub 2:02 800	A	2016 Indoor PR - 2:06.06. This is my first year really taking track and the 800 seriously. My coaches think 2:02 is the realistic goal, but I think I can shave off a few seconds based off indoor to outdoor conversion	Did not complete - 2:02.38 - For all my state races, I just hit burn out really terribly.
ButtholeVengeance	Shotput/Discus/Long Jump/100	50' Shot Put	A	I threw about 42'. More lifting, more natural form and more aggression should get me where I need to be. I'm still at the point where I have to think about it everytime, so it hasn't become instinctive yet. So long term again. (I've added 8' this year already, provided I throw that in a meet.)	I placed 5th in districts so no more chances to get this. It's okay, I was hardly close. Switching to a rotation for next season. I feel like my mastery of discus should make this not too bad.
		150' Discus	A	I threw about 130' today. Everything felt good, could be better. My lifts need to get heavier and I really need to work on my focus and aggression. This is a really long term goal, like end of the season. (I've added 30' already this year, if I throw that in a meet.)	Didn't throw it in a meet but I threw 160' in practice. Still made it to state but only threw 135'.
		18' Long Jump	A-	I don't have a single mark yet this season due mostly to having a jumps coach that could not care less. I feel like it's very attainable, especially if I can get some more lift and I time my strides right, but we'll see how this upcoming meet goes.	Smashed that hope this last Saturday. I had three jumps over 18 and a season PR of 19'5". My previous PR was 17' so I'm happy.
		Sub 12 100m	B+	I'm really not sure where I am here. Coach won't tell me but I feel faster than before. I left it at 12 because I feel like going for 11.5 this season may be a little much, especially with all my other events. Hoping that maybe I am on the 4x1 team that wins the district, but we'll see what happens.	Never even ran a meet 100m, so no idea where I am. Too bust doing other events I guess.
pj989898	800	sub 2 17	B+	First year in running. Got a lot better than I thought I would but I want to get better. Ran a 5 22 during indoor in a shitty indoor track that is basically like hell. Started doing the 800 in a 4x8 this season. Ran 2 23, did well for my first time. Gonna run the 2 mile this weekend and hopefully break 11 30 to kick things off.	
		sub 5 15	A+	But hopefully I get some serious racing opportunities and do well in my first and last year of high school running (senior).	
		sub 11 20	C-		
nuppette_senpai	1600m/3200m	Make it to sectionals	A+	I'm a freshman now, but I made it to sectionals in XC, and I'd like to do it in track as well.	
		4:37 1600m	B	I'm going to try my best to get this time this year, but we'll see what I can do.	
		Stay injury free	A+	Injuries are bad, and suck.	
Kabbra	1600m	Top 2 at state/sub 4:17	B+/A	Very possible if I do well during the season, I'm qualified for districts and that's easy to go through, but top 2 at regional (my regional is often called the "regional of death" because we would take places 1-8 at state if everyone qualified) is tough- if I go on to state I only have to worry about two other guys.	Did not qualify for state, ran 4:29

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	800m	Make it to State / Sub 1:57	C/B	Not my best event but I am only 5s away from 1:57, the 2nd place school record, 53 is the school record	Did not qualify for state, ran 1:59 at regionals. Also the record is 1:53, 2nd place 1:55
		No injuries	A+	:(	AT LEAST I GOT THIS ONE
Airbender11	800m	1:56	C	Haven't had a real 800m race since Sophomore year where I ran 2:01 in the wind and rain.	
	1600m	4:10	A	Ran 4:14 last year, but I'm coming off and injury this year and didn't put in very much base mileage. Was planning on shooting for sub 4:10 during cross but the injury set me back a ways.	
	3200m	Sub-9 at Elevation	B	Ran sub-9 last year at Arcadia, hoping to get there by state (end of may), but do it at elevation. My early season injury might hinder that but hopefully a hard April of training will get me there.	
Beagled	800m	Sub 2:15	B	I've done alright for my first times running the 800. All-time best of 2:18, I definitely think I can knock that down.	4/14: Ran 2:14.43, 4/29: Ran 2:13.42. (PR)
	1600m	Sub 5:00	A	My main goal coming into my first season of track. I've ran an all-time best of 5:11 so far this season. Plus I've beaten people in XC that have run sub-5 before, so I think I have the potential.	4/14: 5:03.76. Next season.
MoE_QuAsTe	800m	Sub 2:12 (Conference Qualifier)	C	Don't plan on running too many 800s because I usually run long distance but I wouldn't mind a Conference time.	
	1600m	Sub 4:37 (Regional Qualifier)	A	So this might be shooting for the moon a little bit because my 1600 PR is 5:10, but that was at the very very beginning of the season and now that I have training I feel a sub-4:50 already so later this season I'll be able to go even faster	
	3200m	Sub 10:12 (Regional Qualifier)	B	OK so I really think I can accomplish this and I'd totally love to see it happen because I really enjoy running long distance races actually	
SlinkyAstronaut	Triple jump	40'	A	My PR is 40'4" but I haven't been able to get 40 since.	40'4.25"
	Long jump	19'8"	B	Current PR is 19'2.5" so this is the goal for this season before moving to 20' for indoor next year.	19'11"
	High jump	6'0"	C	Just PR'd today with 5'10" so while this is a goal it still probably needs some work for me to get there and isn't a top priority.	
	400	53	A	I've run about 8 54 second times and I feel like I'm ready to get below that now.	
MoraiHitter	800	My best	A+	Race Strategy. Race Strategy. Don't be afraid	
	400	My best	A+	Mathematically easy, experimentally hard. Just do it.	
	1600	My best	A	More of a test of will/strength rather than speed. Don't give up.	
hammertime514	400	Sub 53.5	B	I'd only run a 400 in the 4x4 unless something strange happens, so it's not a huge concern for me time-wise. That said, it would be cool to run low 50s	4/13: 53.6 in the 4x4, kind of out of nowhere to be honest. I didn't feel tired and the team had a big lead, so I figured I'd just run the fastest anchor I could.
	800	Sub 2	A+	Definitely my main priority, I'll be doing 4x8 and open 8 at almost every meet, and I think it's doable by the end of the season.	4/13: Ran a 2:04 leg in a 4x8, I was following another kid who went out in a 57- bad splits, good time for me.
	1600	Sub 4:45	B	Haven't really done a lot of 1600s, most recently a 4:58 indoors, but I feel like I'd be able to do better than that now. Not sure if I'll even be racing one this season, but this is a solid goal I think.	
SlantheManfan	(4x)800	Sub 2:00/Make/Medal @ State (Reach)	A	I need a good 800 for our 4x800 leg, it's gonna be tough to get out of sectionals but if I run a good time we should make it. Wouldn't really mind hitting 2:01-2:02 area as I'm more of a 3200m runner	2:05 split now twice
	1600	4:30	B	Just a Glory run for me, not the most important race, would love to say I am a sub 4:30 miler though	Shitty 4:48 >:( not put in it as I don't want to triple 4x800 1600 and 3200m
	3200	9:40/Sectionals	A	My main event, also just a glory run, but it's more important to me than the mile. I want to make Sectionals but that in itself will be tough....last year 3 kids from our district ran 9:11 9:17 and 9:21, getting 1st 2nd 3rd in state, they are all still running high school track, and only 4 get out of districts...	10:01. Frustrated felt too comfortable the entire damn time
migDmig	1600 - 3200 - 800	0:00 3200 (varsity league trials) 4:38 1600 (varsity league trials) 2:07 800 (Dual meet)	A+ A C+	Disappointing season so far. Ran a 4:44 mile and 2:08 800 last year. This year only at 2:11 and 4:51. Probably will peak really late this year.	Update: 4:46.9 on April 20th (8 more seconds) Update #2: 4:46.16 on April 23rd Update #3: 4:45.5 on May 5th Update #4: 4:42.5 on May 10th(4.5 seconds) Update #5: 4:37.1(May 15th) 10:15 2 mile(after already running the mile)
SamurottX	Half Marathon	1:30	B	Apparently Freshmen can't be in the full marathon	5/29 - 1:29:40
	10k	40:00:00	B-	Another Freshman on the team's goal, which he may or may not accomplish	5/29 - Ran 40 flat as part of the 1/2 marathon, times were shown at each 5k
	800	2:10	B	Currently at 2:21 during Indoor, a 2:10 will at least get me somewhere	I wasn't in a single 800 this entire season
	1600	5:00	A	Finally achieved on 5/21 after a 7 second PR. I have no idea why I didn't break 5 any time before this	4/26 - 5:04.6 5/7 - 5:02.27 5/21 - 4:55.33
	3200	11:00	B	PR is 11:24 from mid Indoor season, can probably do this.	4/23 - 11:03 5/17 - 10:58 but my coach's watch stopped working so it's an unofficial time from a friend
An_Awesome_Name	Pole Vault	Qualify for Division Championship (9'6")	A	Last year was my first year of Outdoor track as a junior. I've run indoor all four years, but did baseball my freshman and sophomore years. Anyways I vaulted 7' 6" last year and want to make 9' 6" this year.	4/13 - Cleared 8'0", was a really cold day in New England
Chief Gamken	Discus	135	A	Very achievable, just need to overcome some mental barriers	
	Shot	40	C	I never practice shot, and this is my first year throwing it so it'd be good	
ferubs	1600m	Break 5, maybe beyond	A+	My favorite and main event, breaking the 5 barrier would be cool	5:04.5 / maybe next season
	800m	2:08	A-	Qualification time	2:14 maybe next season
imposingthanos	800m	go under 2:08	A+	Biggest goal of the season, current time is 2:12, three more meets to go.	
fierydeath26	800	Break 2:05	A	I'm constantly trying to outdo a friend of mine, we go back and forth. This was my original goal, but really I just want to finish ahead of him, which is 2:04 right now. Competition helps me improve more than a time goal	
	1600	Break 4:40	A-	I know I can do it, but I've only run one 1600 this season...I need to run more!	
	3200	Break 10:10	C-	I hardly ever run it, but it's an easy ticket to our league-wide meet if I can get a good time, which I'm sure I'm capable of	



