

MER PACE

Anders	7:00-7:10
Alec	7:05-7:15
Finn	7:05-7:15
Nate A	7:15-7:25
Zach A	7:15-7:25
Collin	7:15-7:25
Aaron M	7:15-7:25
JP	7:20-7:30
Sam W	7:20-7:30
Sam M	7:20-7:30
Steve	7:20-7:30
Nehemiah	7:20-7:30
Ezra	7:20-7:30
Erik	?
Jeff Hue	?

FARTLEK (2 easy : 1 uptempo)

Nathan H
John P-W
Mikey
Henri
Ethan S
Naranjan
Chris R
Jack R
Levi C
Tanner
Connor
Mason
Sebastian
John
Jordan