

	First Interval Pace	Second Interval Pace	Mile 1	Mile 2	Recovery	Mile 3	Mile 3.5 / 4
John	6:05 - 6:10	~ 6:00					
Nate M	6:05 - 6:10	~ 6:00					
Will	6:05 - 6:10	~ 6:00					
Lukas	6:10-6:15	6:00-6:05					
Aaron M	~ 6:20	6:10-6:15					
Austin	~ 6:20	6:10-6:15					
Nehemiah	~ 6:20	6:10-6:15					
Adam	6:20-6:25	~ 6:15					
Eric	~ 6:25	~ 6:15					
Steve	~ 6:30	6:20-25					
Sam	~ 6:30	6:20-25					
Swaggy	~ 6:30	6:20-25					
Eddie							
JP							
Spencer							
Brian	~ 7:30	~ 7:20					
Lyndon	~ 7:30	~ 7:20					
Collin	~ 7:30	~ 7:20					
Nathan	~ 7:30	7:25-7:30					
Kellen	~ 7:45	~7:35					
Sebastian	~ 7:45	~7:35					
Henry	~ 8:00	~ 7:50					
Connor	~ 8:00	~ 7:50					
Evan	~ 8:30	~ 8:20					
Andrew F							
Felix							

Chris							
Mason							