Name	Sunday 3/7	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12	Saturday 3/13	TOTAL	Mid Distance	Distance
Charles	4.01	5	6.22	5	5.01	6	5	36.24		
	6:58 pace	7:01 pace	6:53 pace	6:59 pace	7:12 pace	7:08 pace	7:02 pace			
Jack	4.02	5.05	5.12	5.09	5.09	5.07	5.04	34.48		
	7:16 pace	6:58 pace	6:54 pace	6:57 pace	7:11 pace	6:50 pace	6:59 pace			
Michael	6	5	3.02	5	6.01	4	No Post	29.03		
	7:08 pace	6:52 pace	6:59 pace	7:17 pace	7:07 pace	7:16 pace				
Robert	4.98	5.01	6.03	5.08	5.09	No Post	No Post	26.19		
	7:31 pace	7:01 pace	7:20 pace	7:02 pace	7:10					
Matthew	No Post	5	No Post	No Post	6	5	No Post	16		
		6:52 pace			6:56 pace	7:03 pace				
Brandon	No Post	2.04	No Post	3.26	No Post	3.01	No Post	8.31		
		7:44 pace		? Pace		7:29 pace				
Jordan	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Amare	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		

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Wesley	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Jayden	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Sebastiano	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Joseph	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Emilio	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
Nick Pandis	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		
	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF		

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