

Name	Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	Friday 10/1	Saturday 10/2	Sunday 10/3	TOTAL	Senior	Not a Senior
Jack	8	9	8	6	8	11.09	7	57.09		
	up, 1000s, down	7:32 pace	up, 20x400, down	7:28 pace	sunken meadow race day	7:26 pace	7:38 pace			
Matthew	8	9	8	6	8	10	6	55		
	up, 1000s, down	7:32 pace	up, 20x400, down	7:28 pace	sunken meadow race day	7:42 pace	7:38 pace			
Michael	8	9	8	6	8	11	6.01	56.01		
	up, 1000s, down	7:32 pace	up, 20x400, down	7:28 pace	sunken meadow race day	7:26 pace	7:49 pace			
Amare	8	8	8	6	8	6	10.01	54.01		
	up, 1000s, down	7:19 pace	up, 20x400, down	7:28 pace	sunken meadow race day	7:42 pace	7:51 pace			
Charles	3	9	8	6	8	8	No Post	42		
	8:10 pace	7:32 pace	simulated 400 wo in pool	7:28 pace	sunken meadow race day	pool				
Robert	8	9	8	1	8	Off	Off	35		
	up, 1000s, down	7:32 pace	up, 20x400, down	ran into sign	sunken meadow race day					
Brandon	8	6.01	8	6	sick	sick	6	34.01		
	up, 1000s, down	7:14 pace	up, 15x400, down	7:28 pace			7:13 pace			











































































































































