



BMCHS BOYS CROSS COUNTRY

10/5/2026 - TRACK INTERVALS



Name	Avg 400m	Avg 200m	1600m	400m	400m	400m	400m	800m	200m	200m	200m	200m
Allen, R	78.5	34.0	3:20	76	73	82	83	6:38	34	33	35	34
Flinn	81.2	36.0	3:20	80	80	82	83	6:37	36	36	38	34
Tse	79.0	33.2	3:20	76	75	83	82	6:37	33	34	33	33
Monacelli	81.2	33.5	3:19	80	81	82	82	6:39	34	34	33	33
Phu	83.0	33.8	3:19	84	82	83	83	6:39	33	34	34	34
Strickland	83.2	33.8	3:17	84	82	84	83	6:36	33	34	34	34
Clark	80.8	37.0	3:20	78	80	83	82	6:38	36	37	39	36
Bassett	76.2	37.0	3:17	75	75	75	80	6:36	37	38	37	36
Vivino	86.2	33.8	3:24	84	96	83	82	7:14	32	34	34	35
Swain	89.8	35.8	3:23	90	97	86	86	7:45	35	39	36	33
Bonilla	77.5	33.8	3:20	73	72	80	85	6:46	36	34	33	32
Tawk	85.5	35.5	3:18	84	86	86	86	7:05	36	37	35	34
Meiseman	85.8	35.2	3:16	84	87	86	86	6:59	36	36	35	34
Deason	95.2	35.8	3:50	97	97	94	93	7:54	37	36	34	36
Simonson	96.8	36.8	3:51	98	96	96	97	7:57	37	34	37	39
Pezalski	100.8	39.2	4:00	96	105	101	101	7:58	40	34	47	36
Price	94.2	35.5	3:44	96	97	94	90	7:57	37	36	36	33
Ellis	96.5	35.5	3:55	97	96	96	97	7:56	37	36	36	33



BMCHS BOYS CROSS COUNTRY

09/30/26 TRACK INTERVALS



Name	SB	Avg 2400m	Avg 800m	Avg 300m	2400m	800m	800m	800m	800m	800m	2400m	300m	300m	300m	300m
Garcia	15:48	9:01	2:31	46.8	9:02	2:35	2:33	2:32	2:33	2:22	9:00	48	46	46	47
Bryan	16:19	9:06	2:33	49.2	9:02	2:35	2:33	2:32	2:33	2:30	9:10	50	49	49	49
Desrochers	16:46	9:30	2:43	48.5	9:36	2:45	2:45	2:43	2:41	2:39	9:24	49	49	49	47
Gaytan	17:17	9:30	2:43	48.8	9:36	2:45	2:45	2:43	2:41	2:39	9:24	47	49	50	49
Varghese	17:32	9:30	2:43	49.5	9:36	2:45	2:45	2:43	2:41	2:39	9:24	49	50	50	49
Jea	17:38	9:30	2:43	49.5	9:36	2:45	2:45	2:43	2:41	2:39	9:24	49	49	50	50
de Coune	17:36	9:40	2:43	50.0	9:36	2:45	2:45	2:43	2:41	2:39	9:43	51	49	49	51
Taylor	17:10	9:30	2:43	50.5	9:36	2:45	2:45	2:43	2:41	2:39	9:24	51	50	50	51
Smith	16:53	9:30	2:43	51.0	9:36	2:45	2:45	2:43	2:41	2:39	9:24	51	DNR	DNR	DNR
Morris	17:09	9:30	2:43	53.5	9:36	2:45	2:45	2:43	2:41	2:39	9:24	56	52	52	54
Worthington	17:45	9:30	2:43	52.0	9:36	2:45	2:45	2:43	2:41	DNR	9:24	53	52	51	52
Ireland	17:03	9:36	2:45	DNR	9:36	2:45	2:45	2:43	2:41	2:50	DNR	DNR	DNR	DNR	DNR

Name	SB	Avg 2400m	Avg 600m	Avg 300m	2400m	600m	600m	600m	600m	600m	2400m	300m	300m	300m	300m
Higson	18:20	10:08	2:02	53.0	9:56	2:03	2:01	2:01	2:02	2:03	10:19	52	54	54	52
Phu	18:40	10:10	2:05	53.0	10:02	2:05	2:08	2:05	2:03	2:04	10:19	52	54	53	53
Allen, R	18:13	9:56	2:06	66.0	9:56	2:08	2:05	2:08	2:04	2:07	?	68	69	71	56
Tse	18:24	10:22	2:07	53.8	10:03	2:08	2:07	2:08	2:04	2:07	10:40	52	55	54	54
Monacelli	18:27	10:34	2:08	51.2	10:08	2:05	2:10	2:04	2:11	2:11	11:00	50	51	52	52
Flinn	19:44	10:48	2:08	59.8	9:58	2:07	2:09	2:08	2:06	2:09	11:38	61	59	63	56
Bonilla	20:26	12:06	2:09	55.0	11:13	2:08	2:12	2:08	2:12	2:03	13:00	54	55	55	56
Clark	19:13	11:18	2:11	61.5	11:05	2:10	2:14	2:10	2:14	2:08	11:32	62	63	60	61
Vivino	19:45	11:18	2:12	60.0	11:05	2:10	2:16	2:12	2:14	2:10	11:32	61	61	58	60
Strickland	19:04	10:54	2:19	65.8	10:10	2:15	2:19	2:17	2:20	2:23	11:37	64	65	71	63
Meiseman	21:10	11:44	2:22	63.2	11:13	2:25	2:25	2:15	2:20	2:25	12:15	62	66	61	64
Swain	20:13	11:52	2:28	64.0	11:21	2:27	2:33	2:23	2:32	2:26	12:22	65	66	65	60
Bassett	19:35	10:58	DNR	DNR	10:58	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR

Name	SB	Avg 1600m	Avg 400m	Avg 300m	1600m	400m	400m	400m	400m	400m	1600m	300m	300m	300m	300m
Tawk	21:09	8:00	92.8	61.5	9:30 (2k)	92	97	90	94	91	8:00	64	62	60	60
Price	22:54	7:57	92.8	61.7	7:51	97	97	87	91	92	8:03	64	62	59	DNR
Ellis	24:12	7:54	93.2	61.8	7:50	96	97	91	91	91	7:57	63	59	68	57
Deason	21:52	7:55	94.6	75.0	7:50	85	98	97	98	95	8:00	DNR	81	72	72
Simonson	22:12	7:54	96.2	64.5	7:52	100	98	96	94	93	7:57	67	65	63	63
Pezalski	22:53	7:32	98.8	83.3	7:52	?	98	96	107	94	7:12	DNR	82	87	81
Allen, W	24:17	?	99.8	90.0	?	102	100	99	?	98	?	DNR	90	90	?



BMCHS BOYS CROSS COUNTRY

09/23/26 TRACK INTERVALS



Name	SB	Avg 2400m	Avg 800m	Avg 300m	2400m	800m	800m	800m	800m	800m	2400m	300m	300m	300m	300m
Garcia	15:48	9:03	2:31	47.5	9:07	2:33	2:33	2:32	2:30	2:27	8:59	49	47	47	47
Bryan	16:19	9:03	2:31	48.0	9:07	2:33	2:33	2:32	2:30	2:27	8:59	49	47	47	49
Desrochers	16:46	9:26	2:39	46.2	9:29	2:43	2:39	2:42	2:37	2:35	9:24	48	47	45	45
de Coune	17:36	9:26	2:39	47.5	9:29	2:43	2:39	2:42	2:37	2:35	9:24	51	48	46	45
Jea	17:38	9:26	2:39	47.5	9:29	2:43	2:39	2:42	2:37	2:35	9:24	50	49	46	45
Smith	16:53	9:26	2:39	47.8	9:29	2:43	2:39	2:42	2:37	2:35	9:24	51	47	46	47
Varghese	17:32	9:26	2:39	48.0	9:29	2:43	2:39	2:42	2:37	2:35	9:24	50	47	47	48
Morris	17:09	9:26	2:39	48.5	9:29	2:43	2:39	2:42	2:37	2:35	9:24	49	49	48	48
Taylor	17:10	9:26	2:39	49.0	9:29	2:43	2:39	2:42	2:37	2:35	9:24	50	48	50	48
Ireland	17:03	9:26	2:39	49.2	9:29	2:43	2:39	2:42	2:37	2:35	9:24	49	50	50	48
Worthington	17:45	9:26	2:39	50.2	9:29	2:43	2:39	2:42	2:37	2:35	9:24	51	51	50	49
Gaytan	17:17	9:26	2:40	48.0	9:29	2:48	2:39	2:42	2:37	2:35	9:24	51	46	48	47

Name	SB	Avg 2400m	Avg 600m	Avg 300m	2400m	600m	600m	600m	600m	600m	2400m	300m	300m	300m	300m
Higson	18:20	10:26	2:01	50.8	10:40	1:51	2:05	2:07	2:03	2:00	10:13	49	52	49	53
Allen, R	19:53	10:40	2:02	57.8	10:40	1:54	2:00	2:08	2:05	2:04	?	62	58	56	55
Monacelli	19:59	10:26	2:03	48.8	10:40	2:07	2:02	2:07	2:03	1:58	10:13	45	50	50	50
Phu	18:40	10:26	2:04	52.5	10:40	1:51	2:11	2:10	2:07	2:02	10:13	55	54	51	50
Tse	20:32	10:36	2:05	51.5	10:40	2:05	2:07	2:08	2:05	1:59	10:33	50	54	52	50
Bassett	20:42	10:43	2:05	57.0	10:52	2:07	2:05	2:04	2:04	2:03	10:34	57	57	58	56
Strickland	19:26	10:30	2:09	57.2	10:40	2:11	2:11	2:07	2:08	2:08	10:21	57	59	58	55
Flinn	19:44	10:40	2:09	57.2	10:40	2:11	2:11	2:08	2:05	2:09	?	58	55	58	58
Vivino	20:47	11:11	2:10	58.0	11:14	2:18	2:11	2:08	2:07	2:04	11:08	62	55	58	57
Bonilla	21:31	11:24	2:11	54.0	11:14	2:11	2:09	2:06	2:07	2:23	11:35	55	53	54	54
Clark	21:02	11:22	2:11	60.8	11:14	2:18	2:11	2:08	2:09	2:09	11:30	60	61	62	60
Meiseman	21:39	11:24	2:17	60.2	11:14	2:18	2:11	2:15	2:17	2:23	11:35	62	62	62	55
Tawk	23:38	11:24	2:18	58.8	11:14	2:18	2:18	2:15	2:17	2:23	11:35	57	59	62	57
Swain	22:35	11:22	2:19	60.5	11:17	2:18	2:18	2:17	2:17	2:23	11:28	62	62	61	57

Name	SB	Avg 1600m	Avg 400m	Avg 300m	1600m	400m	400m	400m	400m	400m	400m	1600m	300m	300m	300m
Deason	25:22	8:10	89.7	65.5	7:28	88	90	91	87	88	94	8:53	DNR	67	64
Price	28:06	7:56	93.8	65.0	8:00	100	100	94	88	88	93	7:53	68	65	62
Ellis	25:59	7:56	100.0	62.3	8:00	100	101	102	101	99	97	7:53	67	62	58
Simonson	24:00	7:56	100.2	69.7	8:00	100	102	102	101	99	97	7:53	68	75	66
Pezalski	25:23	8:37	100.5	76.3	8:00	100	102	102	101	101	97	9:14	80	68	81
Allen, W	28:37	?	100.7	67.0	?	100	102	102	101	101	98	?	DNR	?	67