BMCHS BOYS CROSS COUNTRY
10/20/26 TRACK INTERVALS

Name	Avg 1k	600m	600m	600m	600m	2000m
Garcia	1:50	1:51	1:49	1:50	1:51	5:59
Bryan	1:50	1:51	1:49	1:50	1:51	6:05
Smith	1:59	2:01	2:00	1:58	1:58	6:13
Ireland	1:59	2:01	2:00	1:58	1:58	6:16
Taylor	1:59	2:01	2:00	1:58	1:58	6:21
Morris	1:59	2:01	2:00	1:58	1:58	6:25
Worthington	1:59	2:01	2:00	1:58	1:58	6:28
Varghese	1:59	2:01	2:00	1:58	1:58	6:28
Jea	2:07	2:01	2:07	2:10	2:11	6:34
Phu	2:07	2:01	2:07	2:10	2:11	6:47
Allen	2:07	2:01	2:07	2:10	2:11	6:48
Flinn	2:07	2:01	2:07	2:10	2:11	7:42
Clark	2:07	2:01	2:07	2:10	2:11	DNR

BMCHS BOYS CROSS COUNTRY
10/15/26 TRACK INTERVALS

Name	Avg 1k	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
Garcia	3:22	3:30	3:29	3:29	3:28	3:27	3:25	3:12	2:58
Bryan	3:25	3:30	3:29	3:29	3:28	3:27	3:25	3:12	3:19
Desrochers	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Smith	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Morris	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Ireland	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Taylor	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Gaytan	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
Jea	3:33	3:45	3:38	3:38	3:39	3:38	3:35	3:19	3:13
deCoune	3:32	3:45	3:38	3:38	DNR	3:38	3:35	3:19	3:13
Allen, R	3:39	3:45	3:38	3:38	3:39	3:38	3:35	?	?

BMCHS BOYS CROSS COUNTRY
10/07/26 TRACK INTERVALS

Name	Avg 1k	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
Garcia	3:22	3:33	3:31	3:30	3:29	3:26	3:25	3:05	3:00
Bryan	3:33	3:33	3:31	3:30	3:29	3:26	3:25	3:05	3:02
Desrochers	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Smith	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Morris	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Ireland	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Taylor	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Gaytan	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Worthington	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Varghese	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
deCoune	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Jea	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12
Higson	3:31	3:41	3:42	3:36	3:33	3:35	3:35	3:15	3:12

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

SHARTEL HILL

9/16/2026

0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6	Δ	7	Δ	8
Worthington	**69.3**	Long		Long		69	-1	68	+3	71						
Tse	**70.0**	68	+2	70	+0	70	+2	72	+2	74	-5	69	+0	69	-1	68
Bonilla	**72.9**	71	+5	76	-3	73	+2	75	+0	75	-1	74	-3	71	-3	68
Vivino	**73.5**	71	+4	75	-1	74	+1	75	+0	75	+0	75	-3	72	-1	71
Higson	**73.6**	Long		Long		77	-3	74	+1	75	-1	74	-6	68		DNR
Flinn	**75.8**	75	+3	78	-2	76	+0	76	-2	74	+2	76	+0	76	-1	75
Bassett	**76.4**	Long		Long		75	+0	75	+1	76	+2	78	+0	78		DNR
Allen, R	**78.0**	75	+4	79	+1	80	+3	83	-5	78	+2	80	+0	80	-11	69
Clark	**80.0**	74	+7	81	-1	80	+1	81	+2	83	-1	82	-2	80	-1	79
Tawk	**82.1**	81	+1	82	-2	80	+5	85	-3	82	+2	84	+0	84	-5	79
Swain	**82.3**	87	-5	82	-1	81	+1	82	-2	80	+4	84	-1	83	-4	79
Deason	**84.5**	82	+2	84	+1	85	+1	86	-6	80	+7	87	+2	89	-6	83
Meiseman	**85.4**	85	+6	91	-2	89	-6	83	+1	84	+3	87	-7	80	+4	84
Strickland	**86.3**	Long		Long		Long		Long		83	+2	85	+6	91		DNR
Simonson	**89.0**	91	+3	94	-2	92	-3	89	-1	88	+4	92	-7	85	-4	81
Allen, W	**91.0**	91		?		?		?		?		?		?		?
Pezalski	**94.1**	92	+3	95	-2	93	+17	110	-8	102	-6	96	-13	83	-1	82

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6
Bassett	**5:18**	5:08	+21	5:29		Short		Short		Short		Short
Bryan	**4:44**	4:46	+1	4:47	+0	4:47	+1	4:48	-4	4:44	-12	4:32
de Coune	**4:52**	4:49	+10	4:59	-3	4:56	+7	5:03	-15	4:48	-6	4:42
Desrochers	**5:03**	4:54	+7	5:01	+2	5:03	+14	5:17		DNR		DNR
Garcia	**4:41**	4:40	+5	4:45	-2	4:43	+1	4:44	+0	4:44	-12	4:32
Gaytan	**5:00**	4:51	+7	4:58	+3	5:01	+7	5:08	-3	5:05	-3	5:02
Higson	**4:56**	4:52	+8	5:00		Short		Short		Short		Short
Ireland	**5:00**	4:48	+10	4:58	+3	5:01	+7	5:08	-3	5:05	-3	5:02
Jea	**4:56**	4:50	+6	4:56	+7	5:03		DNR		DNR		DNR
Morris	**4:57**	4:54	+5	4:59	+3	5:02	-6	4:56	-1	4:55	+3	4:58
Phu	**5:05**	4:58	+2	5:00	+7	5:07	+8	5:15		DNR		DNR
Smith	**5:02**	4:47	+13	5:00	+7	5:07	+8	5:15		DNR		DNR
Strickland	**5:44**	5:50	-12	5:38	+6	5:44	+3	5:47		Short		Short
Taylor	**4:44**	4:44	+0	4:44	-1	4:43	+6	4:49	-3	4:46	-3	4:43
Varghese	**5:04**	5:01	-1	5:00	+2	5:02	+10	5:12	-7	5:05		DNR
Worthington	**4:56**	4:50	+12	5:02		Short		Short		Short		DNR

DNR

Ellis

Monacelli

Price

SHARTEL HILL
9/9/2026
0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6	Δ	7
Desrochers	60.0	Long		Long		Long		Long		61	-2	59		DNR
Worthington	68.5	69	-1	68		DNR		DNR		DNR		DNR		DNR
Higson	69.8	68	+2	70	-3	67	+3	70	+2	72	-1	71	-1	70
Phu	73.8	Long		Long		Long		77	-7	70	+5	75	-1	74
Flinn	76.6	76	+1	77	-3	74	+2	76	+2	78	+0	78	+1	79
Allen, R	76.9	77	+3	80	-6	74	+2	76	+2	78	-2	76	+3	79
Bonilla	77.0	72	+7	79	-2	77	+4	81	+0	81	+0	81	-11	70
Vivino	77.8	77	+2	79	-2	77	+4	81	+0	81	+0	81	-10	71
Tawk	79.1	79	+2	81	-3	78	+3	81	-5	76	+5	81	-3	78
Clark	80.8	77	+4	81	+1	82	+1	83	-2	81	+1	82	-2	80
Deason	84.3	85	-1	84	+0	84		DNR		DNR		DNR		DNR
Allen, W	87.0	87		?		?		?		?		?		?
Price	89.0	89	+2	91	+1	92	-6	86	+0	86	+3	89	+2	91
Meiseman	93.3	90	+3	93	+4	97	+1	98	-8	90	+1	91	+6	97
Swain	93.4	90	+7	97	+0	97	-2	95	+0	95	-2	93	+2	95
Simonson	95.3	94	-3	91	+9	100	-5	95	+4	99	-5	94	+2	96
Ellis	96.0	91	+7	98	+1	99		DNR		DNR		DNR		DNR
Pezalski	105.0	100	+25	125	-40	85	+25	110	-5	105	-4	101	+14	115

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5
Garcia	4:32	4:34	+0	4:34	+2	4:36	-5	4:31	-5	4:26
Taylor	4:39	4:42	-1	4:41	-1	4:40	+0	4:40	-5	4:35
Bryan	4:40	4:42	+1	4:43	-2	4:41	-1	4:40	-5	4:35
Worthington	4:46	4:45	+4	4:49	-5	4:44	+11	4:55	-18	4:37
Desrochers	4:47	4:47		Short		Short		Short		Short
Ireland	4:51	4:44	+8	4:52	-3	4:49	+8	4:57	-3	4:54
de Coune	4:52	4:40	+8	4:48	+8	4:56	+7	5:03	-6	4:57
Gaytan	4:52	4:57	+3	5:00	-11	4:49	+2	4:51	-4	4:47
Morris	4:54	4:57	+0	4:57	-7	4:50	+6	4:56	-2	4:54
Varghese	4:56	5:00	+1	5:01	-6	4:55	-1	4:54	-3	4:51
Smith	5:00	5:00	+0	5:00	+0	5:00		Short		
Phu	5:01	5:14	-17	4:57	-11	4:46	+12	4:58	+15	5:13
Strickland	5:19	5:06	+9	5:15	+23	5:38		Short		Short

DNR

Bassett
Jea
Monacelli

SHARTEL HILL

9/2/2026

0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6
Desrochers	61.0	Long		Long		Long		61				
Bonilla	67.0	63	+4	67	+1	68	-1	67	+1	68	+1	69
Tse	69.0	65	+4	69	+1	70	+0	70	+1	71	-2	69
Worthington	69.0	Long		69	+0	69	+1	70	-2	68	+1	69
Higson	70.3	66	+5	71	+3	74	-1	73	-4	69	+0	69
Vivino	71.8	67	+3	70	+1	71	+3	74	+2	76	-3	73
Monacelli	72.0	Long		Long		Long		74	-4	70		
Flinn	77.3	74	+2	76	+0	76	+2	78	+0	78	+4	82
Allen, R	77.7	76	+3	79	+1	80	-1	79	-1	78	-4	74
Clark	80.0	74	+6	80	-1	79	+4	83	+3	86	-8	78
Strickland	82.7	Long		Long		Long		87	-7	80	+1	81
Deason	85.3	86	+0	86	+4	90	-5	85	-1	84	-3	81
Meiseman	87.7	90	+5	95	-8	87	-1	86	+12	98	-28	70
Swain	88.8	90	+3	93	-1	92	-2	90	+0	90	-12	78
Price	89.5	90	+12	102	-12	90	-2	88	-7	81	+5	86
Pezalski	93.2	102	-9	93	+3	96	+2	98	-6	92	-14	78
Simonson	96.7	97	-1	96	+4	100	+4	104	-8	96	-9	87
Ellis	97.5	96	+2	98	+5	103	+4	107	-11	96	-11	85

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5
Garcia	4:32	4:34	+0	4:34	+2	4:36	-5	4:31	-5	4:26
Taylor	4:39	4:42	-1	4:41	-1	4:40	+0	4:40	-5	4:35
Bryan	4:40	4:42	+1	4:43	-2	4:41	-1	4:40	-5	4:35
Gaytan	4:46	4:45	+4	4:49	-5	4:44	+11	4:55	-18	4:37
Worthington	4:47	4:47		Short		Short		Short		Short
Jea	4:51	4:44	+8	4:52	-3	4:49	+8	4:57	-3	4:54
Ireland	4:52	4:40	+8	4:48	+8	4:56	+7	5:03	-6	4:57
Morris	4:52	4:57	+3	5:00	-11	4:49	+2	4:51	-4	4:47
Varghese	4:54	4:57	+0	4:57	-7	4:50	+6	4:56	-2	4:54
de Coune	4:56	5:00	+1	5:01	-6	4:55	-1	4:54	-3	4:51
Desrochers	5:00	5:00	+0	5:00	+0	5:00		Short		
Smith	5:01	5:14	-17	4:57	-11	4:46	+12	4:58	+15	5:13
Monacelli	5:19	5:06	+9	5:15	+23	5:38		Short		Short
Strickland	6:10	5:55	+20	6:15	+5	6:20		Short		Short

DNR

Allen, W

Bassett

Phu

Tawk

SHARTEL HILL

8/26/2026

0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6
Bonilla	68.8	67	+2	69	+0	69	+1	70	-1	69	+0	69
Tse	70.3	65	+5	70	+3	73	+0	73	-1	72	-3	69
Monacelli	71.5	Long		Long		66	+9	75	+0	75	-5	70
Vivino	73.2	70	+2	72	+2	74	+1	75	+0	75	-2	73
Higson	75.0	69	+12	81	+6	87	-17	70	+0	70	+3	73
Bassett	76.7	Long		Long		75	+1	76	+3	79		DNR
Flinn	77.0	72	+2	74	+2	76	+2	78	+4	82	-2	80
Strickland	79.0	Long		Long		Long		Long		79		DNR
Tawk	80.3	78	+2	80	+3	83	-2	81	+0	81	-2	79
Allen, R	81.4	77	+7	84	-1	83	-3	80	+3	83		DNR
Clark	82.8	75	+7	82	+4	86	-3	83	+6	89	-7	82
Simonson	85.3	79	+5	84	+5	89	+0	89	-2	87	-3	84
Ellis	87.8	81	+5	86	+7	93	-2	91	+3	94	-12	82
Pezalski	89.3	84	+3	87	+2	89	+7	96	+0	96	-12	84
Allen, W	92.3	88	-2	86	+11	97	+1	98		?		?
Meiseman	92.5	81	+16	97	+0	97	+4	101	-2	99	-19	80
Swain	96.2	85	+18	103	-2	101	+1	102	-5	97	-8	89
Price	100.3	77	+36	113	-9	104	+1	105	+0	105	-7	98
Deason	113.0	95	+15	110	+25	135	-35	100	+25	125		DNR

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4	Δ	5
Garcia	4:31	4:32	+5	4:37	-3	4:34	-2	4:32	-8	4:24
Bryan	4:45	4:43	+2	4:45	+0	4:45	+4	4:49	-6	4:43
Taylor	4:45	4:43	+2	4:45	+0	4:45	+7	4:52	-9	4:43
Ireland	4:46	4:45	-9	4:36	+9	4:45	+5	4:50	+6	4:56
Gaytan	4:52	4:48	+10	4:58	+0	4:58	+3	5:01	-22	4:39
Jea	4:54	4:48	+8	4:56	+3	4:59	-6	4:53	+2	4:55
deCoune	4:54	4:45	+24	5:09	-8	5:01	-4	4:57	-15	4:42
Varghese	4:57	4:51	+5	4:56	+1	4:57	+4	5:01	+3	5:04
Monacelli	5:04	5:06	-3	5:03		Short		Short		Short
Phu	5:06	4:54	+16	5:10	+1	5:11	+0	5:11		DNR
Smith	5:12	4:49	+24	5:13	-7	5:06	+31	5:37	-22	5:15
Worthington	5:14	4:57	+11	5:08	+31	5:39		DNR		DNR
Morris	5:16	4:51	+17	5:08	+41	5:49		DNR		DNR
Bassett	5:34	5:37	-5	5:32		Short		Short		Short
Strickland	5:48	5:33	+23	5:56	-7	5:49	+5	5:54		Short

DNR

Desrochers

SHARTEL HILL

8/19/2026

0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4
Monacelli	68.0	Long		Long		Long		68
Worthington	68.0	Long		68	+1	69	-2	67
Tse	69.5	66	+4	70	+3	73	-4	69
Vivino	71.5	64	+10	74	+0	74	+0	74
Flinn	73.0	69	+6	75	-1	74	+0	74
Allen, R	77.3	77	+3	80	-3	77	-2	75
Higson	79.3	77	+3	80	+10	90	-20	70
Allen, W	80.0	80		?		?		?
Tawk	80.5	78	+5	83	-5	78	+5	83
Bassett	81.3	Long		85	-5	80	-1	79
Simonson	81.8	83	+1	84	-4	80	+0	80
Ellis	83.8	87	+0	87	-5	82	-3	79
Clark	85.0	77	+12	89	+1	90	-6	84
Price	91.7	80	+21	101	-7	?	-7	94
Pezalski	93.3	?		99	-8	91	-1	90
Meiseman	94.5	89	+8	97	+5	102	-12	90
Swain	94.5	89	+8	97	+5	102	-12	90
Hallman	122.8	95	+23	118	+19	137	+4	141

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4
Garcia	4:38	4:51	-14	4:37	+1	4:38	-12	4:26
Ireland	4:39	4:52	-15	4:37	+2	4:39	-9	4:30
Taylor	4:40	4:51	-14	4:37	+6	4:43	-11	4:32
Bryan	4:44	4:52	-2	4:50	-7	4:43	-11	4:32
Worthington	4:53	4:53		Short		Short		Short
de Coune	4:54	4:53	-3	4:50	+9	4:59	-3	4:56
Gaytan	4:54	5:06	-13	4:53	+2	4:55	-11	4:44
Jea	4:54	5:05	-16	4:49	+7	4:56	-7	4:49
Varghese	4:56	5:06	-14	4:52	+6	4:58	-7	4:51
Morris	4:57	5:04	-14	4:50	+5	4:55	+5	5:00
Desrochers	5:02	5:04	-2	5:02	-1	DNR	-1	5:01
Phu	5:07	5:06	-5	5:01	+9	5:10	+2	5:12
Smith	5:31	5:10	+40	5:50	-15	5:35	-5	5:30
Strickland	5:36	5:27	+15	5:42	-2	5:40		DNR
Bassett	5:38	5:38		Short		Short		Short
Monacelli	5:44	4:58	+54	5:52	+32	6:24		Short

DNR

Bonilla

SHARTEL HILL
8/12/2026
0.2 MILE HILL REPEATS

Last Name	AVG	1	Δ	2	Δ	3	Δ	4				
Worthington	70.3	Long		71	1	72	-4	68				
Bonilla	73.3	74	6	80	-6	74	-9	65				
Vivino	74.8	74	1	75	2	77	-4	73				
Tse	75.0	77	-3	74	3	77	-5	72				
Bassett	76.7	Long		74	2	76	4	80				
Simonson	78.5	78	6	84	-2	82	-12	70				
Allen	79.3	74	4	78	2	80	5	85				
Tawk	82.5	77	6	83	1	84	2	86				
Morris, L	85.0	82	-2	80	8	88	2	90	0	90	-5	85
Ellis	89.0	79	13	92	1	93	-1	92				
Mullins	89.3	90	-8	82	8	90	5	95				

0.8 MILE HILL CIRCUIT

Last Name	AVG	1	Δ	2	Δ	3	Δ	4
Desrochers	4:42	4:43	+2	4:45	-9	4:36	+11	4:47
Garcia	4:45	4:35	+11	4:46	+7	4:53	-7	4:46
Ireland	4:47	4:43	+9	4:52	-1	4:51	-7	4:44
Taylor	4:48	4:39	+15	4:54	-1	4:53	-7	4:46
Jea	4:50	4:40	+15	4:55	-4	4:51	+3	4:54
Bryan	4:50	4:41	+11	4:52	+1	4:53	+2	4:55
Varghese	4:55	4:41	+20	5:01	-9	4:52	+14	5:06
Morris, I	5:03	4:49	+18	5:07	+2	5:09	+1	5:10
Gaytan	5:07	4:52	+15	5:07	+7	5:14	+2	5:16
de Coune	5:00	4:52	+11	5:03	+4	5:07		DNF
Phu	5:00	4:46	+21	5:07	+2	5:09		DNF
Monacelli	6:10	5:32	+48	6:20	+20	6:40		DNF
Strickland	7:17	6:56	+27	7:23	+11	7:34		DNF
Worthington	4:53	4:53		Short		Short		Short
Bassett	5:19	5:19		Short		Short		Short

DNR

Clark
Higson
Meiseman
Pezalski
Price
Smith
Swain