



# BMCHS BOYS CROSS COUNTRY

## 10/27/26 TRACK INTERVALS



| Name        | Avg 400m | 400m | 400m | 400m | 400m | 1600m |
|-------------|----------|------|------|------|------|-------|
| Garcia      | 73.5     | 76   | 73   | 73   | 72   | 4:38  |
| Bryan       | 73.5     | 76   | 73   | 73   | 72   | 4:47  |
| Desrochers  | 78.5     | 80   | 80   | 78   | 76   | 4:51  |
| Ireland     | 78.5     | 80   | 80   | 78   | 76   | 4:52  |
| Morris      | 78.5     | 80   | 80   | 78   | 76   | 5:00  |
| Worthington | 78.5     | 80   | 80   | 78   | 76   | 5:01  |
| Varghese    | 78.5     | 80   | 80   | 78   | 76   | 5:03  |
| Jea         | 78.5     | 80   | 80   | 78   | 76   | 5:04  |
| Phu         | 85.0     | 85   | 84   | 85   | 86   | 5:10  |
| deCoune     | 78.5     | 80   | 80   | 78   | 76   | 5:11  |
| Allen       | 85.0     | 85   | 84   | 85   | 86   | 5:16  |
| Smith       | 78.5     | 80   | 80   | 78   | 76   | 5:38  |
| Strickland  | 84.5     | 85   | 82   | 85   | 86   | 5:45  |
| Flinn       | 85.0     | 85   | 84   | 85   | 86   | 5:51  |
| Clark       | 85.0     | 85   | 84   | 85   | 86   | 5:51  |
| Bassett     | 85.0     | 85   | 84   | 85   | 86   | 5:51  |
| Taylor      | DNR      |      |      |      |      |       |



# 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    |