



200M INTERVALS
60 SECOND REST*

9/24/2020

#	Last Name	First Name	1	D	2	D	3	D	4	D	5	D	6	D	7	D	8	D	9	D	10	9-17	D	9-24		
1	Coomes	Nathan	34	0	34	2	36	-1	35	-2	33	0	33	-1	32	-1	31	1	32	-2	30	33.4	-0.4	33.0		
2	Raglow	Thomas	34	0	34	2	36	-1	35	-1	34	0	34	-1	33	0	33	0	33	-3	30	34.6	-1.0	33.6		
3	Rich	Evan	34	0	34	2	36	-1	35	-1	34	-1	33	-1	32	1	33	0	33	0	33			33.7		
4	Chansolme	Luke	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Coomes	Matthew	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Cuzalina	Nico	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Grella	Gianfranco	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Leonard	William	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Shanbour	Nathaniel	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
4	Sweis	Amireddean	35	-1	34	-1	33	1	34	0	34	0	34	0	34	-1	33	1	34	-1	33	33.4	0.4	33.8		
11	Tran	Brayden	34	0	34	0	34	0	34	0	34	-1	33	1	34	-1	33	4	37	-2	35			34.2		
12	Schwartz	Ryan	34	0	34	3	37	-2	35	-1	34	0	34	0	34	0	34	1	35	-1	34	34.8	-0.3	34.5		
13	de Keratry	Andrew	34	0	34	2	36	0	36	0	36	-2	34	0	34	0	34	0	34	0	34	34.9	-0.3	34.6		
14	Ison	Henry	34	1	35	2	37	-1	36	-1	35	0	35	0	35	0	35	2	37	-2	35	33.8	1.6	35.4		
15	Cauthen	Nathaniel	34	0	34	3	37	-1	36	1	37	-2	35	1	36	3	39	-1	38	0	38			36.4		
16	Challis	Elijah	36	3	39	-2	37	0	37	2	39	-2	37	0	37	0	37	-37				38.4	-1.0	37.4		
17	Williams	Jacob	35	4	39	-1	38	0	38	0	38	0	38	0	38	-1	37	-37						37.6		
18	Ruiz	Oscar	36	3	39	0	39	0	39	0	39	-1	38	0	38	0	38	-38							38.3	
19	Kunzman	Cooper	38	8	46	1	47	-1	46	0	46	3	49	0	49	-49						41.0	4.9	45.9		
	Edmonds	Jackson	6:46 One Mile										33	0	33	-2	31	1	32	-1	31			32.0		
	Tawk	Marc	6:46 One Mile										33	1	34	0	34	0	34	0	34	0	34			33.8
	Purnell	Samuel	Run around track																							
	Tolbert	Lucas	Run around track																							

* 9-17 Intervals had 90 seconds rest, 9-24 intervals had 60 seconds rest