



# BISHOP MCGUINNESS - TRACK INTERVALS

9/21/2022

|               | 400m Track |      |      | 800m Track |      |      |      |      |      | 400m Track |      |      | 400m |
|---------------|------------|------|------|------------|------|------|------|------|------|------------|------|------|------|
|               | 1          | 2    | Avg  | 3          | 4    | 5    | 6    | 7    | Avg  | 8          | 9    | Avg  | Avg  |
| Leonard       | 1 19       | 1 17 | 1 18 | 2 42       | 2 38 | 2 33 | 2 32 | 2 27 | 2 34 | 1 09       | 1 10 | 1 10 | 1 14 |
| de Keratry, A | 1 19       | 1 17 | 1 18 | 2 42       | 2 38 | 2 34 | 2 33 | 2 31 | 2 36 | 1 09       | 1 10 | 1 10 | 1 14 |
| Cuzalina      | 1 19       | 1 17 | 1 18 | 2 43       | 2 39 | 2 35 | 2 32 | 2 30 | 2 36 | 1 09       | 1 10 | 1 10 | 1 14 |
| Ison          | 1 21       | 1 24 | 1 23 | 2 50       | 2 47 | 2 45 | 2 43 | 2 42 | 2 45 | 1 20       | 1 12 | 1 16 | 1 19 |
| Hoch          | 1 10       | 1 18 | 1 14 | 2 50       | 2 52 | 2 49 | 2 43 | 2 40 | 2 47 | 1 09       | 1 10 | 1 10 | 1 12 |
| Gumerson      | 1 20       | 1 28 | 1 24 | 2 50       | 2 52 | 2 49 | 2 43 | 2 40 | 2 47 | 1 09       | 1 10 | 1 10 | 1 17 |
| Schultz       | 1 21       | 1 18 | 1 20 | 2 52       | 2 52 | 2 49 | 2 43 | 2 40 | 2 47 | 1 09       | 1 11 | 1 10 | 1 15 |
| Taylor        | 1 25       | 1 21 | 1 23 | 2 54       | 2 56 | 2 55 | 3 04 |      | 2 57 | 1 21       | 1 16 | 1 19 | 1 21 |
| Kovash        | 1 24       | 1 23 | 1 24 | 3 04       | 3 00 | 3 05 | 3 07 |      | 3 04 | 1 20       | 1 22 | 1 21 | 1 22 |
| Black, A      | 1 25       | 1 25 | 1 25 | 3 00       | 3 00 | 3 06 | 3 13 |      | 3 05 | 1 26       | 1 28 | 1 27 | 1 26 |
| Black, B      | 1 27       | 1 28 | 1 28 | 3 02       | 3 00 | 3 07 | 3 19 |      | 3 07 | 1 24       | 1 27 | 1 26 | 1 27 |
| Grella        | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 27 | 3 32 | 2 55 | 3 24 |            | 1 28 | 1 28 | 1 34 |
| Albotros      | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 28 | 3 29 | 3 16 | 3 27 | 1 30       | 1 28 | 1 29 | 1 33 |
| Tawk          | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 26 | 3 31 | 3 26 | 3 29 | 1 32       | 1 28 | 1 30 | 1 34 |
| Lipps, C      | 1 40       | 1 37 | 1 39 | 3 32       | 3 32 | 3 26 | 3 31 | 3 26 | 3 29 | 1 34       | 1 28 | 1 31 | 1 35 |
| Eakins        | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 27 | 3 27 |      | 3 30 | 1 11       | 1 28 | 1 20 | 1 29 |
| Healy         | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 27 | 3 31 | 3 26 | 3 30 | 1 32       | 1 28 | 1 30 | 1 34 |
| Ruiz          | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 28 | 3 31 | 3 29 | 3 30 | 1 38       | 1 33 | 1 36 | 1 37 |
| Sweis         | 1 40       | 1 35 | 1 38 | 3 32       | 3 35 | 3 27 | 3 31 | 3 28 | 3 31 | 1 33       | 1 28 | 1 31 | 1 34 |
| Buckelew      | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 28 | 3 31 |      | 3 31 |            |      |      |      |
| Sherman       | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 28 | 3 31 |      | 3 31 |            |      |      | 1 38 |
| Conley        | 1 40       | 1 35 | 1 38 | 3 32       | 3 32 | 3 28 | 3 32 |      | 3 31 | 1 30       | 1 28 | 1 32 | 1 35 |
| Twombly       | 1 40       | 1 35 | 1 38 | 3 36       | 3 32 | 3 28 | 3 32 | 3 28 | 3 31 | 1 32       | 1 32 | 1 32 | 1 35 |
| Tran          | 1 40       | 1 35 | 1 38 | 3 36       | 3 35 | 3 28 | 3 34 | 3 31 | 3 33 | 1 33       | 1 28 | 1 31 | 1 34 |
| Morris        | 1 44       | 1 39 | 1 42 | 3 37       | 3 36 | 3 41 | 3 37 | 3 44 | 3 39 | 1 35       | 1 32 | 1 34 | 1 38 |
| Lomoro        | 1 58       | 1 55 | 1 57 | 3 59       | 3 55 | 3 57 | 3 54 | 3 42 | 3 53 |            | 1 15 | 1 15 | 1 43 |
| Schomas       | 1 58       | 1 55 | 1 57 | 3 59       | 4 02 | 3 57 | 3 53 | 3 42 | 3 55 | 1 38       | 1 34 | 1 36 | 1 46 |
| Webb          | 1 58       | 1 55 | 1 57 | 3 59       | 4 04 | 4 02 | 3 59 | 3 44 | 3 58 | 1 42       | 1 46 | 1 44 | 1 50 |
| Griffith      | 1 58       | 1 55 | 1 57 | 3 59       | 4 02 | 3 58 | 3 59 | 3 57 | 3 59 | 1 40       | 1 34 | 1 37 | 1 47 |

