



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