

**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**Event 1 Men 10000 Meter Run**

Name	Year	Team	Finals
<b>Section 1</b>			
1 Talbi, Zouhair		unattached	27:20.61
1:05.973 (1:05.973)	2:13.523 (1:07.550)	3:20.352 (1:06.830)	4:25.679 (1:05.327)
5:30.796 (1:05.117)	6:35.785 (1:04.990)	7:41.663 (1:05.878)	8:47.606 (1:05.943)
9:53.645 (1:06.040)	11:00.268 (1:06.623)	12:06.613 (1:06.345)	13:12.007 (1:05.394)
14:17.208 (1:05.202)	15:23.199 (1:05.991)	16:28.955 (1:05.756)	17:35.590 (1:06.635)
18:40.877 (1:05.287)	19:46.622 (1:05.745)	20:53.123 (1:06.501)	21:58.436 (1:05.314)
23:05.526 (1:07.090)	24:12.553 (1:07.028)	25:19.765 (1:07.212)	26:21.195 (1:01.430)
27:20.604 (59.409)			
2 Bor, Emmanuel		Wcap/Nike	27:22.80
1:07.128 (1:07.128)	2:15.101 (1:07.974)	3:22.045 (1:06.944)	4:27.308 (1:05.263)
5:32.476 (1:05.168)	6:37.066 (1:04.590)	7:41.868 (1:04.802)	8:47.855 (1:05.988)
9:53.883 (1:06.028)	11:00.532 (1:06.649)	12:06.846 (1:06.314)	13:11.617 (1:04.771)
14:16.698 (1:05.081)	15:22.746 (1:06.048)	16:28.483 (1:05.737)	17:35.051 (1:06.569)
18:40.393 (1:05.342)	19:46.153 (1:05.761)	20:53.393 (1:07.240)	21:58.888 (1:05.495)
23:05.275 (1:06.387)	24:12.053 (1:06.779)	25:19.332 (1:07.279)	26:21.450 (1:02.119)
27:22.797 (1:01.347)			
3 Klecker, Joe		On Athletics Club	27:23.44
1:06.751 (1:06.751)	2:14.615 (1:07.864)	3:21.534 (1:06.920)	4:26.794 (1:05.260)
5:31.922 (1:05.129)	6:37.093 (1:05.171)	7:42.760 (1:05.667)	8:48.447 (1:05.687)
9:54.377 (1:05.931)	11:00.680 (1:06.303)	12:07.078 (1:06.398)	13:11.830 (1:04.752)
14:16.984 (1:05.155)	15:22.970 (1:05.986)	16:28.734 (1:05.765)	17:35.347 (1:06.613)
18:40.619 (1:05.273)	19:46.381 (1:05.762)	20:52.885 (1:06.504)	21:58.609 (1:05.725)
23:05.446 (1:06.837)	24:12.287 (1:06.842)	25:19.485 (1:07.198)	26:23.517 (1:04.033)
27:23.435 (59.918)			
4 Mantz, Connor		Byu	27:41.16
1:07.292 (1:07.292)	2:16.819 (1:09.528)	3:23.556 (1:06.737)	4:30.285 (1:06.729)
5:34.505 (1:04.220)	6:38.735 (1:04.230)	7:43.939 (1:05.204)	8:49.606 (1:05.668)
9:55.280 (1:05.674)	11:01.668 (1:06.388)	12:08.354 (1:06.686)	13:13.305 (1:04.951)
14:18.823 (1:05.518)	15:24.741 (1:05.918)	16:30.233 (1:05.493)	17:36.430 (1:06.197)
18:42.691 (1:06.261)	19:50.114 (1:07.423)	20:58.791 (1:08.678)	22:06.473 (1:07.682)
23:13.975 (1:07.502)	24:22.532 (1:08.557)	25:31.337 (1:08.806)	26:38.996 (1:07.659)
27:41.156 (1:02.161)			
5 Chelanga, Sam		7th Special	27:42.02
1:06.226 (1:06.226)	2:13.817 (1:07.592)	3:20.643 (1:06.826)	4:25.970 (1:05.327)
5:31.047 (1:05.077)	6:36.071 (1:05.024)	7:41.932 (1:05.861)	8:48.145 (1:06.214)
9:54.142 (1:05.997)	11:00.788 (1:06.647)	12:07.625 (1:06.837)	13:12.409 (1:04.784)
14:17.485 (1:05.076)	15:23.562 (1:06.077)	16:29.232 (1:05.670)	17:35.904 (1:06.672)
18:41.193 (1:05.289)	19:46.962 (1:05.770)	20:54.715 (1:07.753)	22:04.521 (1:09.806)
23:14.217 (1:09.696)	24:22.778 (1:08.562)	25:31.569 (1:08.791)	26:39.212 (1:07.644)
27:42.019 (1:02.807)			



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**Sound Running  
Results**

**....Event 1 Men 10000 Meter Run**

6	Lara, Frank	Roots Runnin	27:43.13				
	1:07.682 (1:07.682)	2:17.357 (1:09.676)	3:23.912 (1:06.555)	4:30.707 (1:06.795)			
	5:34.297 (1:03.590)	6:39.626 (1:05.329)	7:44.723 (1:05.097)	8:51.499 (1:06.776)			
	9:56.457 (1:04.958)	11:01.897 (1:05.440)	12:08.673 (1:06.777)	13:13.584 (1:04.911)			
	14:19.112 (1:05.529)	15:24.189 (1:05.077)	16:29.674 (1:05.486)	17:37.073 (1:07.399)			
	18:43.091 (1:06.018)	19:51.309 (1:08.219)	21:00.838 (1:09.529)	22:08.830 (1:07.992)			
	23:16.701 (1:07.872)	24:25.395 (1:08.694)	25:32.027 (1:06.633)	26:39.649 (1:07.622)			
	27:43.126 (1:03.477)						
7	Flanagan, Ben	Reebok Boston TC	27:49.09				
	1:07.632 (1:07.632)	2:16.474 (1:08.842)	3:23.335 (1:06.861)	4:29.754 (1:06.419)			
	5:33.830 (1:04.077)	6:38.522 (1:04.692)	7:44.536 (1:06.014)	8:51.223 (1:06.687)			
	9:56.213 (1:04.990)	11:02.669 (1:06.456)	12:10.013 (1:07.344)	13:16.837 (1:06.825)			
	14:24.728 (1:07.891)	15:33.125 (1:08.397)	16:42.343 (1:09.219)	17:51.241 (1:08.898)			
	18:59.727 (1:08.486)	20:08.653 (1:08.926)	21:16.734 (1:08.081)	22:26.081 (1:09.347)			
	23:32.245 (1:06.164)	24:37.863 (1:05.618)	25:43.497 (1:05.635)	26:49.018 (1:05.521)			
	27:49.084 (1:00.067)						
8	Maggard, Dillon	Hoka One One	27:54.89				
	1:09.122 (1:09.122)	2:18.157 (1:09.035)	3:24.593 (1:06.436)	4:30.422 (1:05.829)			
	5:36.031 (1:05.609)	6:41.344 (1:05.314)	7:47.002 (1:05.658)	8:53.489 (1:06.487)			
	9:59.705 (1:06.216)	11:06.408 (1:06.703)	12:12.657 (1:06.250)	13:19.527 (1:06.870)			
	14:26.194 (1:06.667)	15:33.773 (1:07.580)	16:42.174 (1:08.401)	17:51.374 (1:09.200)			
	18:59.479 (1:08.105)	20:08.051 (1:08.572)	21:16.353 (1:08.302)	22:26.213 (1:09.861)			
	23:32.592 (1:06.379)	24:38.546 (1:05.954)	25:44.896 (1:06.350)	26:51.453 (1:06.557)			
	27:54.887 (1:03.434)						
9	Hehir, Marty	Reebok Boston TC	27:57.52				
	1:07.157 (1:07.157)	2:15.842 (1:08.685)	3:23.077 (1:07.235)	4:29.631 (1:06.554)			
	5:34.562 (1:04.931)	6:39.896 (1:05.334)	7:45.534 (1:05.639)	8:52.193 (1:06.659)			
	9:59.256 (1:07.063)	11:07.141 (1:07.885)	12:13.645 (1:06.504)	13:20.490 (1:06.845)			
	14:27.455 (1:06.966)	15:34.663 (1:07.208)	16:42.398 (1:07.735)	17:50.511 (1:08.113)			
	18:59.276 (1:08.766)	20:08.527 (1:09.251)	21:16.899 (1:08.372)	22:26.648 (1:09.749)			
	23:33.751 (1:07.103)	24:41.519 (1:07.768)	25:49.593 (1:08.074)	26:55.289 (1:05.696)			
	27:57.512 (1:02.223)						
10	McDonald, Morgan	Under Armour	27:58.75				
	1:06.537 (1:06.537)	2:14.389 (1:07.853)	3:21.290 (1:06.901)	4:26.546 (1:05.256)			
	5:31.509 (1:04.964)	6:36.865 (1:05.356)	7:42.529 (1:05.665)	8:48.664 (1:06.135)			
	9:54.789 (1:06.126)	11:01.208 (1:06.419)	12:07.884 (1:06.676)	13:13.067 (1:05.183)			
	14:18.583 (1:05.516)	15:24.517 (1:05.934)	16:30.519 (1:06.002)	17:37.461 (1:06.943)			
	18:44.753 (1:07.292)	19:52.955 (1:08.202)	21:00.556 (1:07.602)	22:08.512 (1:07.956)			
	23:16.388 (1:07.876)	24:25.127 (1:08.740)	25:35.395 (1:10.268)	26:47.630 (1:12.236)			
	27:58.747 (1:11.117)						
11	Simbassa, Biya	unattached	28:01.15				
	1:07.412 (1:07.412)	2:16.031 (1:08.619)	3:22.441 (1:06.410)	4:27.959 (1:05.519)			
	5:33.296 (1:05.337)	6:38.258 (1:04.963)	7:44.137 (1:05.879)	8:50.114 (1:05.977)			
	9:55.887 (1:05.773)	11:02.904 (1:07.018)	12:10.281 (1:07.377)	13:17.074 (1:06.793)			
	14:24.958 (1:07.885)	15:33.337 (1:08.379)	16:42.007 (1:08.670)	17:50.877 (1:08.871)			
	18:59.553 (1:08.676)	20:08.264 (1:08.711)	21:16.592 (1:08.329)	22:26.331 (1:09.739)			
	23:34.068 (1:07.737)	24:42.478 (1:08.410)	25:51.849 (1:09.372)	26:58.451 (1:06.602)			
	28:01.142 (1:02.691)						



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**....Event 1 Men 10000 Meter Run**

12 Panning, Zach	Hansons-Broo			28:01.80			
1:08.706 (1:08.706)	2:17.527 (1:08.822)	3:23.984 (1:06.457)	4:30.874 (1:06.890)	5:35.153 (1:04.279)	6:40.865 (1:05.713)	7:46.577 (1:05.712)	8:53.349 (1:06.773)
10:00.459 (1:07.110)	11:07.450 (1:06.991)	12:14.090 (1:06.640)	13:21.490 (1:07.400)	14:28.370 (1:06.880)	15:35.355 (1:06.985)	16:42.873 (1:07.519)	17:51.572 (1:08.699)
19:00.142 (1:08.570)	20:08.946 (1:08.804)	21:17.264 (1:08.318)	22:26.882 (1:09.618)	23:34.461 (1:07.580)	24:42.706 (1:08.245)	25:51.670 (1:08.964)	26:58.609 (1:06.939)
28:01.791 (1:03.182)							
13 Bennie, Colin	Reebok Boston TC			28:04.25			
1:07.844 (1:07.844)	2:16.912 (1:09.069)	3:23.476 (1:06.564)	4:30.142 (1:06.666)	5:34.996 (1:04.854)	6:40.754 (1:05.759)	7:46.352 (1:05.598)	8:53.171 (1:06.819)
10:00.316 (1:07.145)	11:07.308 (1:06.992)	12:13.873 (1:06.565)	13:21.264 (1:07.392)	14:28.107 (1:06.843)	15:35.206 (1:07.099)	16:42.718 (1:07.513)	17:51.788 (1:09.070)
19:00.010 (1:08.222)	20:08.760 (1:08.750)	21:17.078 (1:08.318)	22:26.429 (1:09.351)	23:33.455 (1:07.026)	24:41.121 (1:07.666)	25:49.099 (1:07.978)	26:56.239 (1:07.140)
28:04.245 (1:08.007)							
14 Thompson, Jacob	Baa			28:09.39			
1:07.912 (1:07.912)	2:16.999 (1:09.088)	3:22.251 (1:05.252)	4:27.532 (1:05.281)	5:33.018 (1:05.486)	6:39.378 (1:06.360)	7:46.187 (1:06.810)	8:52.980 (1:06.793)
10:00.228 (1:07.248)	11:07.906 (1:07.678)	12:15.053 (1:07.147)	13:22.288 (1:07.235)	14:29.721 (1:07.433)	15:37.390 (1:07.670)	16:46.000 (1:08.610)	17:55.058 (1:09.058)
19:03.286 (1:08.229)	20:11.732 (1:08.446)	21:21.819 (1:10.087)	22:32.273 (1:10.455)	23:40.581 (1:08.308)	24:50.797 (1:10.217)	25:59.278 (1:08.481)	27:05.261 (1:05.983)
28:09.387 (1:04.126)							
15 Korir, Leonard	Army Wcap			28:20.23			
1:05.223 (1:05.223)	2:14.126 (1:08.903)	3:20.915 (1:06.789)	4:26.268 (1:05.353)	5:31.668 (1:05.401)	6:38.093 (1:06.425)	7:44.377 (1:06.284)	8:51.042 (1:06.665)
9:55.613 (1:04.571)	11:01.953 (1:06.340)	12:09.013 (1:07.061)	13:13.999 (1:04.986)	14:20.842 (1:06.843)	15:30.916 (1:10.075)	16:42.308 (1:11.392)	17:52.416 (1:10.108)
19:02.211 (1:09.795)	20:12.865 (1:10.654)	21:23.002 (1:10.137)	22:32.663 (1:09.661)	23:42.629 (1:09.967)	24:53.115 (1:10.486)	26:02.634 (1:09.520)	27:11.126 (1:08.492)
28:20.221 (1:09.095)							
16 Barrios, Juan Luis	Nike			28:20.96			
1:08.614 (1:08.614)	2:15.332 (1:06.718)	3:22.371 (1:07.039)	4:28.270 (1:05.900)	5:33.703 (1:05.433)	6:39.034 (1:05.331)	7:44.929 (1:05.895)	8:51.751 (1:06.823)
9:57.369 (1:05.618)	11:03.893 (1:06.524)	12:11.682 (1:07.790)	13:19.350 (1:07.668)	14:27.071 (1:07.721)	15:35.605 (1:08.534)	16:45.080 (1:09.475)	17:54.842 (1:09.762)
19:03.974 (1:09.132)	20:13.194 (1:09.220)	21:24.052 (1:10.858)	22:34.615 (1:10.563)	23:44.852 (1:10.237)	24:55.859 (1:11.007)	26:05.730 (1:09.871)	27:15.036 (1:09.306)
28:20.956 (1:05.921)							
17 Mecheso, Girma	Wcap/Nike			28:22.88			
1:08.168 (1:08.168)	2:16.220 (1:08.052)	3:22.474 (1:06.254)	4:27.737 (1:05.264)	5:32.894 (1:05.157)	6:37.521 (1:04.628)	7:43.256 (1:05.735)	8:48.996 (1:05.741)
9:55.052 (1:06.056)	11:01.440 (1:06.388)	12:08.118 (1:06.678)	13:14.416 (1:06.299)	14:24.054 (1:09.638)	15:33.549 (1:09.495)	16:42.579 (1:09.031)	17:51.122 (1:08.543)
18:59.942 (1:08.820)	20:09.172 (1:09.230)	21:17.501 (1:08.330)	22:27.172 (1:09.671)	23:36.752 (1:09.580)	24:49.884 (1:13.132)	26:01.661 (1:11.777)	27:12.285 (1:10.624)
28:22.872 (1:10.588)							



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**Sound Running  
Results**

**....Event 1 Men 10000 Meter Run**

18	Derrick, Chris	Nike Bowerma	28:27.42				
	1:08.868 (1:08.868)	2:18.008 (1:09.140)	3:24.393 (1:06.385)	4:31.104 (1:06.711)			
	5:36.463 (1:05.360)	6:42.025 (1:05.562)	7:47.865 (1:05.840)	8:54.593 (1:06.728)			
	10:02.180 (1:07.587)	11:09.538 (1:07.358)	12:18.481 (1:08.943)	13:27.465 (1:08.985)			
	14:35.870 (1:08.405)	15:45.631 (1:09.761)	16:55.365 (1:09.734)	18:05.130 (1:09.766)			
	19:14.512 (1:09.382)	20:23.544 (1:09.032)	21:33.647 (1:10.103)	22:43.817 (1:10.171)			
	23:53.798 (1:09.981)	25:03.825 (1:10.028)	26:13.806 (1:09.981)	27:23.370 (1:09.564)			
	28:27.414 (1:04.045)						
19	Montanez, Nico	Mammoth Track Club	28:27.66				
	1:08.360 (1:08.360)	2:17.739 (1:09.379)	3:24.210 (1:06.471)	4:30.649 (1:06.439)			
	5:35.488 (1:04.840)	6:40.443 (1:04.955)	7:46.123 (1:05.681)	8:52.405 (1:06.282)			
	9:58.501 (1:06.096)	11:06.673 (1:08.172)	12:13.391 (1:06.719)	13:21.039 (1:07.648)			
	14:29.467 (1:08.428)	15:39.793 (1:10.326)	16:51.337 (1:11.544)	18:02.382 (1:11.045)			
	19:13.670 (1:11.288)	20:23.755 (1:10.085)	21:33.852 (1:10.097)	22:43.591 (1:09.740)			
	23:54.016 (1:10.425)	25:04.079 (1:10.064)	26:14.050 (1:09.971)	27:23.146 (1:09.096)			
	28:27.660 (1:04.515)						
20	Roudolff, Emmanuel	Puma	28:37.23				
	1:09.539 (1:09.539)	2:18.601 (1:09.062)	3:25.076 (1:06.475)	4:31.713 (1:06.637)			
	5:36.924 (1:05.211)	6:42.528 (1:05.604)	7:48.588 (1:06.060)	8:55.273 (1:06.686)			
	10:02.841 (1:07.568)	11:10.122 (1:07.281)	12:18.724 (1:08.603)	13:27.737 (1:09.013)			
	14:36.543 (1:08.807)	15:45.909 (1:09.366)	16:55.616 (1:09.707)	18:05.687 (1:10.072)			
	19:15.456 (1:09.769)	20:27.914 (1:12.458)	21:42.470 (1:14.556)	22:55.548 (1:13.079)			
	24:07.439 (1:11.891)	25:18.690 (1:11.251)	26:27.251 (1:08.562)	27:36.128 (1:08.877)			
	28:37.231 (1:01.103)						
21	Leach, Matt	Peninsula Di	28:41.24				
	1:09.188 (1:09.188)	2:17.452 (1:08.265)	3:24.300 (1:06.848)	4:31.225 (1:06.925)			
	5:36.223 (1:04.998)	6:41.612 (1:05.389)	7:47.629 (1:06.017)	8:55.019 (1:07.390)			
	10:02.881 (1:07.862)	11:09.833 (1:06.952)	12:18.132 (1:08.300)	13:27.250 (1:09.118)			
	14:36.128 (1:08.879)	15:45.416 (1:09.288)	16:55.202 (1:09.786)	18:05.462 (1:10.260)			
	19:15.212 (1:09.750)	20:24.115 (1:08.904)	21:35.399 (1:11.284)	22:47.437 (1:12.038)			
	23:59.616 (1:12.180)	25:12.211 (1:12.595)	26:23.578 (1:11.367)	27:35.762 (1:12.184)			
	28:41.235 (1:05.473)						
22	Fischer, Reed	Adidas	28:41.56				
	1:08.493 (1:08.493)	2:17.221 (1:08.729)	3:23.742 (1:06.521)	4:30.474 (1:06.732)			
	5:35.431 (1:04.958)	6:41.133 (1:05.702)	7:47.147 (1:06.014)	8:53.708 (1:06.561)			
	10:00.751 (1:07.043)	11:08.120 (1:07.369)	12:15.454 (1:07.334)	13:21.742 (1:06.289)			
	14:29.519 (1:07.777)	15:37.038 (1:07.520)	16:46.242 (1:09.204)	17:54.751 (1:08.509)			
	19:03.596 (1:08.845)	20:12.449 (1:08.854)	21:23.556 (1:11.107)	22:34.359 (1:10.804)			
	23:47.887 (1:13.528)	25:04.335 (1:16.449)	26:18.580 (1:14.245)	27:35.232 (1:16.652)			
	28:41.551 (1:06.320)						
23	Maiyo, Augustus	US Army	28:41.61				
	1:07.477 (1:07.477)	2:17.137 (1:09.661)	3:22.957 (1:05.820)	4:29.403 (1:06.446)			
	5:35.808 (1:06.406)	6:42.665 (1:06.857)	7:49.376 (1:06.711)	8:57.309 (1:07.933)			
	10:05.914 (1:08.605)	11:14.875 (1:08.962)	12:24.891 (1:10.016)	13:35.008 (1:10.117)			
	14:45.333 (1:10.326)	15:55.617 (1:10.284)	17:06.124 (1:10.508)	18:16.190 (1:10.066)			
	19:26.712 (1:10.522)	20:37.666 (1:10.954)	21:48.130 (1:10.465)	22:58.448 (1:10.318)			
	24:08.273 (1:09.825)	25:18.468 (1:10.195)	26:27.650 (1:09.182)	27:36.912 (1:09.262)			
	28:41.607 (1:04.696)						



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 1 Men 10000 Meter Run**

24	Young, Clayton	Asics	28:53.78				
	1:05.733 (1:05.733)	2:13.179 (1:07.446)	3:19.987 (1:06.808)	4:25.422 (1:05.435)			
	5:31.208 (1:05.787)	6:36.608 (1:05.400)	7:43.721 (1:07.113)	8:50.796 (1:07.076)			
	9:58.314 (1:07.518)	11:06.917 (1:08.604)	12:14.972 (1:08.055)	13:24.991 (1:10.019)			
	14:36.393 (1:11.403)	15:46.173 (1:09.780)	16:55.889 (1:09.716)	18:05.999 (1:10.111)			
	19:16.097 (1:10.098)	20:27.457 (1:11.360)	21:42.224 (1:14.767)	22:55.309 (1:13.086)			
	24:07.757 (1:12.448)	25:18.890 (1:11.133)	26:31.133 (1:12.244)	27:44.036 (1:12.903)			
	28:53.786 (1:09.750)						
25	Linkletter, Rory	Hoka Naz Elite	29:18.85				
	1:08.098 (1:08.098)	2:16.701 (1:08.604)	3:23.268 (1:06.567)	4:29.942 (1:06.674)			
	5:34.787 (1:04.845)	6:40.565 (1:05.778)	7:45.964 (1:05.400)	8:52.735 (1:06.771)			
	10:00.036 (1:07.302)	11:07.684 (1:07.648)	12:14.752 (1:07.068)	13:24.745 (1:09.993)			
	14:36.144 (1:11.400)	15:46.892 (1:10.748)	17:01.977 (1:15.085)	18:17.460 (1:15.483)			
	19:33.875 (1:16.416)	20:50.205 (1:16.330)	22:06.724 (1:16.519)	23:20.468 (1:13.744)			
	24:33.870 (1:13.402)	25:45.608 (1:11.738)	26:59.737 (1:14.130)	28:12.858 (1:13.121)			
	29:18.847 (1:05.989)						
26	Abdi, Abdisamed	Hansons-Broo	29:21.58				
	1:08.239 (1:08.239)	2:15.802 (1:07.563)	3:22.805 (1:07.004)	4:28.625 (1:05.820)			
	5:34.324 (1:05.699)	6:40.241 (1:05.917)	7:46.880 (1:06.640)	8:54.261 (1:07.381)			
	10:01.095 (1:06.835)	11:08.380 (1:07.285)	12:15.894 (1:07.514)	13:22.708 (1:06.814)			
	14:33.238 (1:10.530)	15:43.769 (1:10.531)	16:55.466 (1:11.697)	18:05.342 (1:09.876)			
	19:14.932 (1:09.591)	20:27.632 (1:12.700)	21:42.695 (1:15.063)	22:57.341 (1:14.646)			
	24:10.809 (1:13.469)	25:25.773 (1:14.964)	26:44.287 (1:18.514)	28:03.660 (1:19.373)			
	29:21.573 (1:17.914)						
27	Kendell, Ben	Hansons-Broo	29:46.09				
	1:09.338 (1:09.338)	2:18.342 (1:09.004)	3:24.830 (1:06.488)	4:31.447 (1:06.617)			
	5:36.706 (1:05.259)	6:42.329 (1:05.623)	7:48.334 (1:06.006)	8:55.805 (1:07.471)			
	10:04.582 (1:08.777)	11:14.726 (1:10.145)	12:26.434 (1:11.708)	13:39.274 (1:12.840)			
	14:52.137 (1:12.863)	16:06.377 (1:14.240)	17:21.078 (1:14.702)	18:35.250 (1:14.172)			
	19:50.317 (1:15.068)	21:05.506 (1:15.189)	22:20.801 (1:15.295)	23:35.862 (1:15.061)			
	24:50.200 (1:14.339)	26:05.487 (1:15.287)	27:19.629 (1:14.143)	28:34.711 (1:15.082)			
	29:46.087 (1:11.376)						
--	Mead, Hassan	Nike Oregon	DNF				
	1:06.922 (1:06.922)	2:14.848 (1:07.926)	3:21.770 (1:06.923)	4:27.065 (1:05.295)			
	5:32.217 (1:05.153)	6:37.296 (1:05.079)	7:43.027 (1:05.732)	8:48.596 (1:05.569)			
	9:54.573 (1:05.978)	11:00.935 (1:06.362)	12:07.324 (1:06.389)	13:12.646 (1:05.322)			
	14:18.200 (1:05.554)	15:24.270 (1:06.070)	16:31.287 (1:07.017)	17:39.166 (1:07.879)			
--	Tiernan, Pat	Nike Oregon	DNF				
	1:05.402 (1:05.402)	2:12.860 (1:07.458)	3:19.704 (1:06.844)	4:25.142 (1:05.438)			
	5:30.518 (1:05.377)	6:35.537 (1:05.019)	7:41.396 (1:05.859)	8:47.340 (1:05.945)			
	9:53.392 (1:06.052)	10:59.681 (1:06.289)	12:06.145 (1:06.465)	13:11.342 (1:05.197)			
	14:16.454 (1:05.112)	15:22.499 (1:06.045)	16:28.226 (1:05.727)	17:35.856 (1:07.630)			
--	Estrada, Diego	unattached	DNF				
	1:06.496 (1:06.496)	2:15.600 (1:09.105)	3:22.599 (1:06.999)	4:28.816 (1:06.217)			
	5:32.569 (1:03.753)	6:37.783 (1:05.214)	7:43.481 (1:05.698)	8:49.372 (1:05.892)			
	9:54.728 (1:05.356)	11:00.028 (1:05.300)	12:06.395 (1:06.368)	13:12.113 (1:05.718)			
	14:17.854 (1:05.742)	15:24.011 (1:06.157)	16:31.585 (1:07.575)	17:38.906 (1:07.321)			
	18:46.635 (1:07.729)	19:54.343 (1:07.708)	21:02.751 (1:08.409)	22:11.781 (1:09.030)			



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 1 Men 10000 Meter Run**

-- Stinson, Parker	Pacer	DNF			
2:12.605 (2:12.605)	3:19.438 (1:06.833)	4:24.876 (1:05.439)	5:30.287 (1:05.411)		
6:35.319 (1:05.032)	7:41.163 (1:05.844)	8:47.116 (1:05.953)	9:53.185 (1:06.069)		
10:59.507 (1:06.322)					

**Event 2 Women 10000 Meter Run**

Name	Year Team	Finals			
1 Seccafien, Andrea	Nike	31:13.94			
1:17.079 (1:17.079)	2:33.405 (1:16.326)	3:46.894 (1:13.489)	5:03.665 (1:16.771)		
6:19.331 (1:15.666)	7:34.822 (1:15.492)	8:50.994 (1:16.172)	10:06.575 (1:15.581)		
11:23.155 (1:16.580)	12:40.118 (1:16.963)	13:55.657 (1:15.539)	15:11.152 (1:15.496)		
16:26.536 (1:15.384)	17:41.200 (1:14.664)	18:56.652 (1:15.452)	20:11.608 (1:14.956)		
21:27.633 (1:16.026)	22:45.150 (1:17.517)	24:00.816 (1:15.667)	25:16.276 (1:15.460)		
26:29.871 (1:13.595)	27:43.913 (1:14.043)	28:56.506 (1:12.593)	30:05.327 (1:08.821)		
31:13.936 (1:08.609)					
2 Kurgat, Ednah	U.S. Army	31:21.65			
1:17.212 (1:17.212)	2:34.209 (1:16.997)	3:48.350 (1:14.141)	5:04.796 (1:16.446)		
6:20.368 (1:15.573)	7:35.805 (1:15.437)	8:51.938 (1:16.134)	10:07.527 (1:15.589)		
11:24.014 (1:16.487)	12:40.923 (1:16.909)	13:57.095 (1:16.172)	15:12.799 (1:15.704)		
16:28.319 (1:15.521)	17:42.921 (1:14.602)	18:57.365 (1:14.444)	20:12.213 (1:14.849)		
21:28.172 (1:15.959)	22:45.294 (1:17.122)	24:00.953 (1:15.660)	25:16.401 (1:15.448)		
26:30.665 (1:14.264)	27:44.446 (1:13.781)	28:57.981 (1:13.535)	30:11.043 (1:13.062)		
31:21.645 (1:10.603)					
3 Hall, Sara	Asics	31:21.90			
1:16.170 (1:16.170)	2:33.683 (1:17.513)	3:47.598 (1:13.915)	5:04.085 (1:16.487)		
6:19.791 (1:15.707)	7:35.280 (1:15.489)	8:51.443 (1:16.163)	10:06.987 (1:15.545)		
11:23.471 (1:16.484)	12:40.409 (1:16.938)	13:56.614 (1:16.205)	15:12.264 (1:15.650)		
16:27.793 (1:15.530)	17:42.464 (1:14.671)	18:57.106 (1:14.642)	20:11.910 (1:14.804)		
21:27.949 (1:16.040)	22:44.871 (1:16.922)	24:00.571 (1:15.701)	25:15.899 (1:15.328)		
26:30.143 (1:14.244)	27:44.152 (1:14.009)	28:57.690 (1:13.538)	30:10.734 (1:13.044)		
31:21.896 (1:11.163)					
4 Morely, Makena	Asics	31:25.19			
1:17.310 (1:17.310)	2:35.164 (1:17.854)	3:48.644 (1:13.480)	5:04.235 (1:15.591)		
6:20.073 (1:15.838)	7:35.550 (1:15.477)	8:51.714 (1:16.165)	10:07.248 (1:15.534)		
11:23.743 (1:16.496)	12:40.648 (1:16.905)	13:56.847 (1:16.199)	15:12.533 (1:15.687)		
16:28.057 (1:15.524)	17:42.669 (1:14.612)	18:57.619 (1:14.951)	20:12.427 (1:14.808)		
21:28.388 (1:15.961)	22:44.987 (1:16.599)	24:00.667 (1:15.681)	25:16.108 (1:15.441)		
26:30.425 (1:14.317)	27:44.535 (1:14.110)	28:58.846 (1:14.311)	30:13.462 (1:14.616)		
31:25.190 (1:11.728)					
5 Markovc, Amy-Eloise	Reebok Boston TC	31:25.91			
1:15.282 (1:15.282)	2:32.394 (1:17.112)	3:46.375 (1:13.981)	5:03.151 (1:16.776)		
6:18.821 (1:15.670)	7:34.327 (1:15.506)	8:50.510 (1:16.183)	10:06.011 (1:15.502)		
11:22.382 (1:16.371)	12:39.320 (1:16.938)	13:55.900 (1:16.580)	15:11.433 (1:15.534)		
16:27.005 (1:15.572)	17:41.714 (1:14.709)	18:58.031 (1:16.317)	20:14.028 (1:15.997)		
21:30.129 (1:16.101)	22:46.927 (1:16.799)	24:02.932 (1:16.005)	25:19.285 (1:16.354)		
26:36.590 (1:17.305)	27:52.455 (1:15.865)	29:06.106 (1:13.652)	30:18.530 (1:12.424)		
31:25.910 (1:07.381)					



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 2 Women 10000 Meter Run**

6	Judd, Jessica	Hoka One One	31:25.98				
	1:16.412 (1:16.412)	2:34.365 (1:17.954)	3:47.869 (1:13.504)	5:03.890 (1:16.021)			
	6:19.573 (1:15.683)	7:35.020 (1:15.447)	8:51.193 (1:16.174)	10:06.759 (1:15.566)			
	11:22.919 (1:16.160)	12:39.854 (1:16.935)	13:56.336 (1:16.483)	15:11.966 (1:15.630)			
	16:27.542 (1:15.576)	17:42.190 (1:14.648)	18:57.861 (1:15.671)	20:12.690 (1:14.829)			
	21:28.695 (1:16.005)	22:45.545 (1:16.851)	24:01.153 (1:15.608)	25:16.629 (1:15.476)			
	26:31.490 (1:14.862)	27:47.223 (1:15.733)	29:03.879 (1:16.656)	30:18.572 (1:14.693)			
	31:25.973 (1:07.402)						
7	Galvan, Laura	Hoka One One	31:29.93				
	1:19.761 (1:19.761)	2:37.924 (1:18.163)	3:50.116 (1:12.193)	5:06.096 (1:15.980)			
	6:22.434 (1:16.338)	7:38.434 (1:16.001)	8:52.789 (1:14.355)	10:08.452 (1:15.663)			
	11:24.846 (1:16.394)	12:41.752 (1:16.906)	13:57.958 (1:16.207)	15:13.650 (1:15.692)			
	16:29.257 (1:15.608)	17:43.969 (1:14.712)	18:58.857 (1:14.889)	20:15.308 (1:16.451)			
	21:29.790 (1:14.482)	22:46.629 (1:16.839)	24:02.336 (1:15.708)	25:17.829 (1:15.493)			
	26:33.199 (1:15.370)	27:49.592 (1:16.394)	29:06.382 (1:16.790)	30:20.857 (1:14.475)			
	31:29.928 (1:09.071)						
8	Kipyego, Sally	Nike Oregon	31:30.25				
	1:17.041 (1:17.041)	2:34.992 (1:17.951)	3:49.056 (1:14.064)	5:05.186 (1:16.130)			
	6:21.350 (1:16.164)	7:36.284 (1:14.934)	8:52.170 (1:15.887)	10:07.749 (1:15.579)			
	11:24.275 (1:16.526)	12:41.209 (1:16.935)	13:57.337 (1:16.128)	15:13.035 (1:15.698)			
	16:28.647 (1:15.613)	17:43.135 (1:14.488)	18:58.353 (1:15.218)	20:12.938 (1:14.585)			
	21:28.973 (1:16.035)	22:45.841 (1:16.869)	24:01.352 (1:15.511)	25:16.938 (1:15.587)			
	26:31.070 (1:14.132)	27:46.751 (1:15.681)	29:04.287 (1:17.536)	30:19.035 (1:14.749)			
	31:30.242 (1:11.207)						
9	Scott, Dom	Adidas	31:41.16				
	1:15.538 (1:15.538)	2:32.697 (1:17.159)	3:46.645 (1:13.948)	5:03.429 (1:16.785)			
	6:19.089 (1:15.660)	7:34.585 (1:15.496)	8:50.756 (1:16.172)	10:06.300 (1:15.544)			
	11:22.666 (1:16.366)	12:39.586 (1:16.921)	13:56.142 (1:16.556)	15:11.685 (1:15.543)			
	16:27.270 (1:15.585)	17:41.951 (1:14.681)	18:58.229 (1:16.278)	20:13.231 (1:15.003)			
	21:29.354 (1:16.123)	22:46.278 (1:16.924)	24:02.587 (1:16.310)	25:19.163 (1:16.576)			
	26:36.494 (1:17.331)	27:53.181 (1:16.687)	29:10.830 (1:17.650)	30:28.504 (1:17.674)			
	31:41.152 (1:12.648)						
10	Stoner, Paige	Reebok Boston TC	31:53.89				
	1:17.712 (1:17.712)	2:35.537 (1:17.825)	3:49.639 (1:14.102)	5:05.813 (1:16.174)			
	6:22.074 (1:16.262)	7:38.091 (1:16.017)	8:54.342 (1:16.251)	10:11.081 (1:16.739)			
	11:25.778 (1:14.698)	12:42.304 (1:16.526)	13:58.637 (1:16.333)	15:14.258 (1:15.621)			
	16:29.505 (1:15.247)	17:44.239 (1:14.734)	18:59.703 (1:15.464)	20:16.304 (1:16.601)			
	21:33.653 (1:17.349)	22:52.716 (1:19.063)	24:11.272 (1:18.556)	25:29.195 (1:17.923)			
	26:47.444 (1:18.249)	28:06.183 (1:18.740)	29:24.344 (1:18.161)	30:40.955 (1:16.612)			
	31:53.884 (1:12.929)						
11	Coogan, Katrina	New Balance	31:56.59				
	1:15.871 (1:15.871)	2:33.105 (1:17.234)	3:47.386 (1:14.281)	5:04.358 (1:16.972)			
	6:20.651 (1:16.294)	7:36.679 (1:16.028)	8:53.539 (1:16.861)	10:10.630 (1:17.091)			
	11:28.143 (1:17.513)	12:45.690 (1:17.547)	14:03.106 (1:17.417)	15:20.349 (1:17.243)			
	16:37.073 (1:16.724)	17:53.926 (1:16.853)	19:11.307 (1:17.381)	20:28.292 (1:16.986)			
	21:46.037 (1:17.745)	23:03.997 (1:17.960)	24:22.377 (1:18.380)	25:40.872 (1:18.496)			
	26:58.561 (1:17.689)	28:15.422 (1:16.861)	29:30.109 (1:14.687)	30:44.878 (1:14.769)			
	31:56.586 (1:11.709)						



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 2 Women 10000 Meter Run**

12	Gesabwa, Risper	Fmaa	32:01.13
	1:18.175 (1:18.175)	2:35.672 (1:17.498)	3:49.530 (1:13.858)
	6:21.532 (1:15.927)	7:36.849 (1:15.317)	8:52.463 (1:15.614)
	11:24.577 (1:16.461)	12:41.507 (1:16.930)	13:57.670 (1:16.164)
	16:28.977 (1:15.631)	17:43.586 (1:14.609)	18:58.940 (1:15.355)
	21:31.627 (1:16.588)	22:49.119 (1:17.492)	24:07.385 (1:18.267)
	26:46.402 (1:20.127)	28:06.281 (1:19.880)	29:25.623 (1:19.342)
	32:01.128 (1:15.183)		30:45.945 (1:20.323)
13	Blaney, Ann-Marie	Hansons-Broo	32:03.79
	1:18.195 (1:18.195)	2:35.747 (1:17.552)	3:49.922 (1:14.175)
	6:22.529 (1:16.475)	7:38.865 (1:16.336)	8:54.627 (1:15.762)
	11:27.846 (1:16.503)	12:44.907 (1:17.061)	14:02.221 (1:17.314)
	16:35.909 (1:17.492)	17:53.484 (1:17.576)	19:11.460 (1:17.976)
	21:46.401 (1:17.772)	23:04.368 (1:17.968)	24:23.042 (1:18.674)
	26:59.576 (1:18.430)	28:16.978 (1:17.402)	29:34.041 (1:17.064)
	32:03.793 (1:13.612)		30:50.181 (1:16.140)
14	Flanagan, Lindsay	Asics	32:04.39
	1:17.962 (1:17.962)	2:36.132 (1:18.170)	3:49.812 (1:13.680)
	6:22.195 (1:16.465)	7:37.948 (1:15.753)	8:54.440 (1:16.492)
	11:27.281 (1:16.175)	12:44.587 (1:17.306)	14:01.948 (1:17.361)
	16:36.321 (1:16.786)	17:52.819 (1:16.498)	19:10.581 (1:17.762)
	21:45.590 (1:17.851)	23:03.742 (1:18.153)	24:22.121 (1:18.379)
	26:58.908 (1:18.255)	28:15.886 (1:16.978)	29:33.232 (1:17.346)
	32:04.382 (1:13.707)		30:50.676 (1:17.444)
15	Bates, Emma	Asics	32:04.59
	1:16.912 (1:16.912)	2:34.571 (1:17.659)	3:48.553 (1:13.982)
	6:21.049 (1:16.338)	7:36.896 (1:15.847)	8:53.771 (1:16.876)
	11:27.188 (1:16.340)	12:44.466 (1:17.278)	14:01.715 (1:17.249)
	16:36.009 (1:16.669)	17:52.774 (1:16.766)	19:10.742 (1:17.968)
	21:45.834 (1:17.784)	23:03.917 (1:18.084)	24:22.882 (1:18.965)
	26:59.402 (1:18.382)	28:17.778 (1:18.376)	29:36.428 (1:18.650)
	32:04.584 (1:10.722)		30:53.863 (1:17.435)
16	Rojas, Nell	Honey Stinger	32:11.61
	1:19.014 (1:19.014)	2:37.135 (1:18.121)	3:51.236 (1:14.101)
	6:24.251 (1:17.141)	7:40.731 (1:16.480)	8:57.657 (1:16.926)
	11:32.235 (1:17.603)	12:50.368 (1:18.133)	14:07.543 (1:17.175)
	16:42.729 (1:17.730)	17:59.726 (1:16.997)	19:17.024 (1:17.298)
	21:52.863 (1:18.202)	23:12.099 (1:19.236)	24:30.348 (1:18.249)
	27:09.053 (1:20.179)	28:26.630 (1:17.578)	29:44.181 (1:17.551)
	32:11.602 (1:11.810)		30:59.792 (1:15.612)
17	Everson, Hannah	Air Force Wcap	32:17.60
	1:17.451 (1:17.451)	2:35.083 (1:17.632)	3:49.216 (1:14.133)
	6:21.578 (1:16.240)	7:37.702 (1:16.124)	8:54.016 (1:16.315)
	11:26.472 (1:16.224)	12:43.006 (1:16.534)	14:00.152 (1:17.146)
	16:36.148 (1:17.931)	17:53.791 (1:17.643)	19:11.618 (1:17.827)
	21:50.117 (1:20.444)	23:12.468 (1:22.351)	24:31.917 (1:19.449)
	27:11.973 (1:19.879)	28:31.752 (1:19.780)	29:49.025 (1:17.273)
	32:17.600 (1:13.867)		31:03.733 (1:14.708)



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 2 Women 10000 Meter Run**

18 Kibet, Elvin	U.S. Army				32:20.23			
1:17.470 (1:17.470)	2:35.288 (1:17.818)	3:49.368 (1:14.080)	5:05.472 (1:16.104)					
6:21.799 (1:16.328)	7:37.857 (1:16.058)	8:53.560 (1:15.704)	10:09.156 (1:15.596)					
11:25.106 (1:15.950)	12:42.078 (1:16.972)	13:58.378 (1:16.300)	15:14.021 (1:15.644)					
16:29.756 (1:15.735)	17:46.638 (1:16.882)	19:04.992 (1:18.355)	20:23.638 (1:18.646)					
21:43.474 (1:19.837)	23:03.607 (1:20.133)	24:22.674 (1:19.067)	25:41.421 (1:18.748)					
27:01.166 (1:19.745)	28:21.078 (1:19.912)	29:42.718 (1:21.640)	31:01.942 (1:19.224)					
32:20.234 (1:18.292)								
19 Weigel, Maya	Peninsula Di				32:21.04			
1:18.605 (1:18.605)	2:36.702 (1:18.097)	3:50.381 (1:13.680)	5:06.427 (1:16.046)					
6:22.916 (1:16.490)	7:39.121 (1:16.205)	8:54.942 (1:15.821)	10:11.626 (1:16.685)					
11:28.272 (1:16.646)	12:45.193 (1:16.921)	14:02.549 (1:17.357)	15:19.917 (1:17.368)					
16:37.198 (1:17.281)	17:54.240 (1:17.042)	19:12.219 (1:17.979)	20:30.073 (1:17.855)					
21:50.151 (1:20.078)	23:09.566 (1:19.415)	24:29.052 (1:19.486)	25:48.610 (1:19.558)					
27:08.985 (1:20.375)	28:29.106 (1:20.122)	29:49.311 (1:20.205)	31:06.900 (1:17.590)					
32:21.033 (1:14.133)								
20 Thweatt, Laura	Saucony				32:22.41			
1:17.243 (1:17.243)	2:34.795 (1:17.552)	3:48.809 (1:14.014)	5:04.937 (1:16.128)					
6:21.160 (1:16.224)	7:37.115 (1:15.955)	8:53.813 (1:16.699)	10:10.534 (1:16.721)					
11:26.746 (1:16.212)	12:44.029 (1:17.283)	14:01.175 (1:17.146)	15:19.307 (1:18.132)					
16:36.527 (1:17.221)	17:53.288 (1:16.761)	19:11.137 (1:17.850)	20:28.855 (1:17.718)					
21:47.356 (1:18.501)	23:07.716 (1:20.360)	24:28.539 (1:20.824)	25:48.346 (1:19.807)					
27:09.276 (1:20.930)	28:28.970 (1:19.695)	29:48.974 (1:20.004)	31:07.299 (1:18.325)					
32:22.404 (1:15.105)								
21 Smith, Jaci	U.S. Air Force				32:45.82			
1:16.677 (1:16.677)	2:33.939 (1:17.262)	3:48.095 (1:14.156)	5:04.572 (1:16.477)					
6:20.866 (1:16.295)	7:36.102 (1:15.236)	8:52.555 (1:16.453)	10:08.849 (1:16.295)					
11:25.512 (1:16.663)	12:42.648 (1:17.136)	13:59.208 (1:16.561)	15:16.989 (1:17.781)					
16:35.288 (1:18.299)	17:53.684 (1:18.396)	19:11.908 (1:18.224)	20:32.163 (1:20.255)					
21:52.186 (1:20.023)	23:11.853 (1:19.668)	24:31.741 (1:19.888)	25:52.609 (1:20.869)					
27:14.820 (1:22.211)	28:38.224 (1:23.404)	30:00.323 (1:22.099)	31:23.333 (1:23.010)					
32:45.819 (1:22.487)								
22 Nukuri, Diane	Asics				32:51.13			
1:18.717 (1:18.717)	2:36.557 (1:17.840)	3:50.918 (1:14.361)	5:05.878 (1:14.960)					
6:21.820 (1:15.943)	7:37.521 (1:15.701)	8:53.587 (1:16.066)	10:09.591 (1:16.004)					
11:26.200 (1:16.610)	12:43.535 (1:17.335)	14:01.428 (1:17.893)	15:19.793 (1:18.366)					
16:36.860 (1:17.067)	17:54.623 (1:17.763)	19:12.552 (1:17.929)	20:31.927 (1:19.376)					
21:52.536 (1:20.609)	23:13.225 (1:20.690)	24:34.100 (1:20.875)	25:56.280 (1:22.180)					
27:19.103 (1:22.823)	28:42.481 (1:23.379)	30:05.717 (1:23.236)	31:28.617 (1:22.900)					
32:51.127 (1:22.510)								
23 Keiffer, Allie	unattached				32:56.57			
1:18.576 (1:18.576)	2:36.317 (1:17.742)	3:51.099 (1:14.782)	5:06.824 (1:15.725)					
6:23.820 (1:16.996)	7:40.469 (1:16.649)	8:56.867 (1:16.398)	10:14.295 (1:17.428)					
11:31.999 (1:17.704)	12:50.677 (1:18.679)	14:09.053 (1:18.376)	15:28.445 (1:19.392)					
16:47.995 (1:19.550)	18:07.603 (1:19.608)	19:27.529 (1:19.927)	20:47.523 (1:19.994)					
22:07.736 (1:20.214)	23:28.336 (1:20.600)	24:49.037 (1:20.701)	26:10.658 (1:21.621)					
27:32.140 (1:21.482)	28:54.213 (1:22.073)	30:15.883 (1:21.670)	31:36.896 (1:21.014)					
32:56.563 (1:19.667)								



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 2 Women 10000 Meter Run**

24	Goldring, Katja	unattached	33:12.84
	1:19.467 (1:19.467)	2:37.407 (1:17.940)	3:52.202 (1:14.796)
	6:26.503 (1:17.994)	7:45.200 (1:18.697)	9:04.180 (1:18.980)
	11:44.161 (1:20.711)	13:03.744 (1:19.583)	14:24.941 (1:21.198)
	17:07.770 (1:21.154)	18:29.596 (1:21.826)	19:52.085 (1:22.489)
	22:36.068 (1:21.573)	23:56.863 (1:20.795)	25:17.443 (1:20.580)
	27:58.736 (1:21.347)	29:20.158 (1:21.422)	30:38.928 (1:18.771)
	33:12.837 (1:14.466)		
25	Bergman, Jennifer	Roots Runnin	33:13.22
	1:19.630 (1:19.630)	2:37.704 (1:18.074)	3:51.827 (1:14.123)
	6:26.261 (1:18.032)	7:44.927 (1:18.667)	9:03.894 (1:18.967)
	11:43.895 (1:20.663)	13:03.488 (1:19.593)	14:24.719 (1:21.231)
	17:07.519 (1:21.091)	18:29.346 (1:21.827)	19:51.805 (1:22.459)
	22:35.791 (1:21.543)	23:56.588 (1:20.797)	25:17.184 (1:20.596)
	27:58.478 (1:21.356)	29:19.728 (1:21.250)	30:38.443 (1:18.715)
	33:13.211 (1:14.439)		
26	Flores, Brenda	Nike	33:20.41
	1:18.776 (1:18.776)	2:36.942 (1:18.166)	3:50.643 (1:13.702)
	6:23.593 (1:16.890)	7:40.267 (1:16.675)	8:59.234 (1:18.967)
	11:41.688 (1:21.363)	13:03.216 (1:21.529)	14:24.431 (1:21.215)
	17:07.274 (1:21.129)	18:29.063 (1:21.789)	19:50.973 (1:21.911)
	22:34.860 (1:21.502)	23:56.339 (1:21.479)	25:16.884 (1:20.546)
	27:58.210 (1:21.398)	29:20.388 (1:22.178)	30:41.383 (1:20.995)
	33:20.406 (1:19.171)		
27	Twell, Stephanie	New Balance	33:25.15
	1:17.673 (1:17.673)	2:35.380 (1:17.707)	3:49.010 (1:13.630)
	6:21.392 (1:16.330)	7:37.500 (1:16.109)	8:54.063 (1:16.563)
	11:26.990 (1:16.176)	12:44.274 (1:17.285)	14:01.893 (1:17.619)
	16:39.555 (1:19.335)	18:01.730 (1:22.175)	19:24.471 (1:22.742)
	22:12.109 (1:24.168)	23:37.077 (1:24.969)	25:02.084 (1:25.007)
	27:52.429 (1:24.302)	29:16.536 (1:24.107)	30:40.219 (1:23.684)
	33:25.143 (1:22.084)		
28	Offstein, Maddie	unattached	33:28.05
	1:19.153 (1:19.153)	2:37.107 (1:17.954)	3:51.603 (1:14.497)
	6:25.621 (1:17.924)	7:44.227 (1:18.606)	9:03.116 (1:18.889)
	11:41.954 (1:19.573)	13:02.708 (1:20.754)	14:23.945 (1:21.237)
	17:07.002 (1:21.419)	18:28.510 (1:21.508)	19:51.533 (1:23.024)
	22:35.520 (1:21.565)	23:57.732 (1:22.212)	25:20.782 (1:23.050)
	28:09.745 (1:24.885)	29:32.523 (1:22.778)	30:54.228 (1:21.705)
	33:28.042 (1:12.535)		
29	Wetsch, Bria	Boulder Underground	33:33.11
	1:20.485 (1:20.485)	2:38.690 (1:18.205)	3:56.419 (1:17.730)
	6:35.830 (1:19.525)	7:55.975 (1:20.145)	9:15.354 (1:19.379)
	11:56.482 (1:20.508)	13:16.586 (1:20.104)	14:37.506 (1:20.920)
	17:20.041 (1:21.446)	18:41.292 (1:21.252)	20:02.948 (1:21.656)
	22:46.184 (1:20.923)	24:06.999 (1:20.816)	25:28.709 (1:21.710)
	28:12.217 (1:22.228)	29:33.676 (1:21.459)	30:54.536 (1:20.860)
	33:33.105 (1:17.247)		



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 2 Women 10000 Meter Run**

30	Pease, Sarah	Oiselle	33:38.60				
	1:19.238 (1:19.238)	2:36.881 (1:17.643)	3:51.400 (1:14.519)	5:07.948 (1:16.548)			
	6:25.993 (1:18.045)	7:44.679 (1:18.687)	9:03.645 (1:18.966)	10:22.968 (1:19.324)			
	11:43.631 (1:20.663)	13:05.131 (1:21.501)	14:25.142 (1:20.011)	15:46.816 (1:21.675)			
	17:08.033 (1:21.217)	18:28.788 (1:20.755)	19:51.267 (1:22.479)	21:13.639 (1:22.372)			
	22:35.234 (1:21.595)	23:57.338 (1:22.104)	25:20.505 (1:23.168)	26:45.027 (1:24.522)			
	28:09.444 (1:24.417)	29:32.832 (1:23.388)	30:55.625 (1:22.793)	32:18.515 (1:22.890)			
	33:38.600 (1:20.086)						
31	Lystad, Tansey	Tracksmith	34:25.71				
	1:20.946 (1:20.946)	2:39.229 (1:18.283)	3:56.090 (1:16.861)	5:15.980 (1:19.891)			
	6:35.462 (1:19.482)	7:55.341 (1:19.879)	9:14.325 (1:18.984)	10:34.816 (1:20.491)			
	11:55.962 (1:21.146)	13:16.909 (1:20.947)	14:38.092 (1:21.183)	16:00.241 (1:22.150)			
	17:23.397 (1:23.156)	18:46.175 (1:22.778)	20:09.921 (1:23.746)	21:35.360 (1:25.440)			
	23:01.389 (1:26.029)	24:25.750 (1:24.361)	25:52.014 (1:26.264)	27:18.129 (1:26.115)			
	28:44.916 (1:26.787)	30:10.314 (1:25.398)	31:35.999 (1:25.686)	33:02.338 (1:26.339)			
	34:25.710 (1:23.372)						
32	Nickerson, Angie	McKirdy Trained	34:36.43				
	1:20.136 (1:20.136)	2:38.409 (1:18.274)	3:55.844 (1:17.435)	5:15.676 (1:19.832)			
	6:35.212 (1:19.536)	7:55.654 (1:20.442)	9:14.987 (1:19.333)	10:35.672 (1:20.686)			
	11:57.376 (1:21.704)	13:19.189 (1:21.813)	14:40.459 (1:21.271)	16:03.697 (1:23.238)			
	17:28.062 (1:24.365)	18:53.147 (1:25.085)	20:17.755 (1:24.609)	21:42.939 (1:25.184)			
	23:08.560 (1:25.622)	24:34.893 (1:26.333)	26:01.830 (1:26.937)	27:29.785 (1:27.955)			
	28:57.375 (1:27.590)	30:23.558 (1:26.183)	31:50.181 (1:26.624)	33:14.561 (1:24.380)			
	34:36.423 (1:21.863)						
--	Porter, Georgia	unattached	DNF				
	1:21.192 (1:21.192)	2:39.622 (1:18.430)	3:57.176 (1:17.555)	5:16.784 (1:19.608)			
	6:36.575 (1:19.791)	7:56.838 (1:20.263)	9:15.923 (1:19.085)	10:36.794 (1:20.871)			
	11:58.100 (1:21.307)	13:18.904 (1:20.804)	14:39.250 (1:20.346)	16:00.559 (1:21.309)			
	17:22.050 (1:21.492)	18:42.744 (1:20.694)	20:04.425 (1:21.682)	21:25.834 (1:21.409)			
	22:47.137 (1:21.303)	24:07.751 (1:20.615)	25:27.834 (1:20.083)	26:48.565 (1:20.732)			
	28:08.962 (1:20.397)	29:29.507 (1:20.545)	30:48.585 (1:19.078)	32:04.001 (1:15.416)			
--	Zeis, Alexis	Roots Runnin	DNF				
	1:18.148 (1:18.148)	2:36.070 (1:17.922)	3:50.511 (1:14.441)	5:06.569 (1:16.058)			
	6:23.492 (1:16.923)	7:39.446 (1:15.955)	8:55.321 (1:15.875)	10:11.905 (1:16.584)			
	11:28.609 (1:16.704)	12:45.475 (1:16.866)	14:02.879 (1:17.404)	15:20.196 (1:17.318)			
--	Gray, Alia	Roots Runnin	DNF				
	1:17.877 (1:17.877)	2:35.865 (1:17.988)	3:50.157 (1:14.292)	5:06.311 (1:16.154)			
	6:23.225 (1:16.915)	7:39.945 (1:16.720)	8:58.380 (1:18.436)	10:18.886 (1:20.506)			
	11:40.786 (1:21.900)	13:02.955 (1:22.169)	14:24.174 (1:21.219)	15:45.852 (1:21.678)			
	17:06.693 (1:20.841)	18:28.190 (1:21.498)					
--	Juul, Anna	Pacer	DNF				
	2:32.076 (2:32.076)	3:46.088 (1:14.012)	5:02.859 (1:16.771)				
--	Powers, Ashlee	Cal Coast TC	DNF				
	1:20.212 (1:20.212)	2:37.621 (1:17.410)	3:52.858 (1:15.237)	5:10.724 (1:17.867)			
	6:31.384 (1:20.660)	7:54.180 (1:22.796)	9:16.579 (1:22.400)	10:42.279 (1:25.700)			
	12:08.535 (1:26.256)	13:35.378 (1:26.843)					



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**Event 3 Men 10000 Meter Run**

Name	Year	Team	Finals
1 McClintock, Matt		On Zap Endurance	28:13.69
1:09.255 (1:09.255)	2:16.474 (1:07.219)	3:25.229 (1:08.755)	4:31.176 (1:05.947)
5:38.910 (1:07.734)	6:47.974 (1:09.064)	7:56.035 (1:08.061)	9:02.645 (1:06.611)
10:09.439 (1:06.794)	11:17.751 (1:08.312)	12:26.641 (1:08.891)	13:35.829 (1:09.188)
14:43.792 (1:07.963)	15:52.324 (1:08.532)	17:01.160 (1:08.837)	18:09.610 (1:08.450)
19:17.359 (1:07.749)	20:26.731 (1:09.373)	21:34.222 (1:07.491)	22:45.055 (1:10.834)
23:52.333 (1:07.278)	24:59.642 (1:07.309)	26:06.398 (1:06.757)	27:12.431 (1:06.033)
28:13.682 (1:01.251)			
2 Eidenschink, Benjamin		unattached	28:20.70
1:08.053 (1:08.053)	2:14.792 (1:06.739)	3:23.247 (1:08.456)	4:29.300 (1:06.053)
5:36.920 (1:07.620)	6:46.056 (1:09.136)	7:53.631 (1:07.576)	9:00.895 (1:07.264)
10:08.374 (1:07.479)	11:16.728 (1:08.355)	12:25.698 (1:08.970)	13:35.148 (1:09.450)
14:43.080 (1:07.933)	15:51.631 (1:08.551)	17:00.446 (1:08.815)	18:08.929 (1:08.484)
19:16.955 (1:08.026)	20:26.023 (1:09.068)	21:33.757 (1:07.734)	22:44.717 (1:10.960)
23:53.624 (1:08.908)	25:03.800 (1:10.176)	26:12.252 (1:08.453)	27:20.714 (1:08.462)
28:20.694 (59.980)			
3 Zarda, Zach		Kansas City Smoke	28:21.18
1:09.465 (1:09.465)	2:16.713 (1:07.248)	3:25.480 (1:08.767)	4:31.381 (1:05.902)
5:39.177 (1:07.796)	6:48.181 (1:09.004)	7:56.284 (1:08.104)	9:03.213 (1:06.929)
10:10.840 (1:07.628)	11:19.059 (1:08.219)	12:27.953 (1:08.894)	13:36.987 (1:09.035)
14:44.817 (1:07.830)	15:53.172 (1:08.355)	17:01.793 (1:08.621)	18:09.847 (1:08.054)
19:17.777 (1:07.931)	20:27.213 (1:09.436)	21:35.585 (1:08.372)	22:45.790 (1:10.205)
23:55.129 (1:09.340)	25:03.326 (1:08.197)	26:11.071 (1:07.745)	27:18.735 (1:07.665)
28:21.171 (1:02.436)			
4 Reichow, Joel		Minnesota Di	28:23.93
1:08.457 (1:08.457)	2:15.291 (1:06.834)	3:23.715 (1:08.425)	4:29.727 (1:06.012)
5:37.358 (1:07.631)	6:46.569 (1:09.211)	7:54.196 (1:07.628)	9:01.368 (1:07.172)
10:08.883 (1:07.516)	11:17.501 (1:08.618)	12:26.428 (1:08.927)	13:35.600 (1:09.172)
14:43.564 (1:07.964)	15:52.098 (1:08.535)	17:00.893 (1:08.795)	18:09.382 (1:08.490)
19:17.130 (1:07.748)	20:26.506 (1:09.376)	21:33.999 (1:07.494)	22:44.933 (1:10.934)
23:53.975 (1:09.042)	25:03.087 (1:09.112)	26:10.813 (1:07.727)	27:20.038 (1:09.225)
28:23.926 (1:03.888)			
5 Pereria, Mathew		unattached	28:24.88
1:09.014 (1:09.014)	2:16.050 (1:07.037)	3:24.212 (1:08.162)	4:30.249 (1:06.037)
5:37.856 (1:07.607)	6:47.124 (1:09.268)	7:54.887 (1:07.763)	9:02.678 (1:07.792)
10:10.343 (1:07.665)	11:18.803 (1:08.461)	12:27.694 (1:08.891)	13:36.785 (1:09.092)
14:44.523 (1:07.738)	15:52.912 (1:08.389)	17:01.525 (1:08.613)	18:10.264 (1:08.740)
19:18.588 (1:08.324)	20:27.594 (1:09.006)	21:36.056 (1:08.462)	22:45.474 (1:09.418)
23:54.295 (1:08.821)	25:04.109 (1:09.814)	26:12.931 (1:08.822)	27:22.069 (1:09.138)
28:24.876 (1:02.807)			
6 Mwaura, James		Gonzaga University	28:27.49
1:07.839 (1:07.839)	2:14.592 (1:06.754)	3:23.025 (1:08.433)	4:29.077 (1:06.053)
5:36.699 (1:07.622)	6:45.840 (1:09.141)	7:53.390 (1:07.551)	9:00.648 (1:07.258)
10:08.118 (1:07.470)	11:16.993 (1:08.875)	12:25.933 (1:08.940)	13:34.904 (1:08.971)
14:42.858 (1:07.955)	15:51.398 (1:08.540)	17:00.233 (1:08.835)	18:08.677 (1:08.444)
19:17.267 (1:08.590)	20:26.988 (1:09.722)	21:35.348 (1:08.360)	22:45.256 (1:09.908)
23:53.677 (1:08.421)	25:02.844 (1:09.167)	26:10.380 (1:07.536)	27:18.644 (1:08.265)
28:27.486 (1:08.842)			



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 3 Men 10000 Meter Run**

7	Castillo, Patricio	Royal Athlet	28:28.54				
	1:09.697 (1:09.697)	2:16.587 (1:06.890)	3:26.093 (1:09.506)	4:31.890 (1:05.797)			
	5:39.413 (1:07.523)	6:48.405 (1:08.992)	7:55.649 (1:07.244)	9:02.405 (1:06.757)			
	10:09.806 (1:07.401)	11:18.565 (1:08.759)	12:27.469 (1:08.905)	13:36.029 (1:08.560)			
	14:44.016 (1:07.987)	15:52.571 (1:08.555)	17:00.815 (1:08.244)	18:08.292 (1:07.477)			
	19:16.685 (1:08.394)	20:26.266 (1:09.581)	21:34.458 (1:08.192)	22:45.303 (1:10.846)			
	23:54.597 (1:09.294)	25:03.574 (1:08.978)	26:12.359 (1:08.785)	27:21.289 (1:08.930)			
	28:28.536 (1:07.248)						
8	Monroe, Alex	unattached	28:37.49				
	1:08.718 (1:08.718)	2:15.527 (1:06.810)	3:23.954 (1:08.427)	4:29.991 (1:06.037)			
	5:37.615 (1:07.624)	6:46.848 (1:09.233)	7:54.466 (1:07.618)	9:01.153 (1:06.688)			
	10:08.628 (1:07.475)	11:17.224 (1:08.596)	12:26.175 (1:08.952)	13:35.386 (1:09.211)			
	14:43.304 (1:07.918)	15:51.873 (1:08.569)	17:00.670 (1:08.797)	18:09.170 (1:08.500)			
	19:17.538 (1:08.368)	20:26.849 (1:09.312)	21:35.245 (1:08.396)	22:45.555 (1:10.310)			
	23:54.885 (1:09.330)	25:04.583 (1:09.699)	26:14.828 (1:10.245)	27:27.148 (1:12.320)			
	28:37.486 (1:10.339)						
9	Serafini, Louis	Tracksmith	28:54.95				
	1:09.006 (1:09.006)	2:16.118 (1:07.113)	3:24.741 (1:08.623)	4:30.494 (1:05.753)			
	5:38.104 (1:07.610)	6:47.553 (1:09.449)	7:55.207 (1:07.654)	9:01.802 (1:06.595)			
	10:09.603 (1:07.802)	11:18.326 (1:08.723)	12:27.235 (1:08.909)	13:36.550 (1:09.315)			
	14:45.250 (1:08.701)	15:55.089 (1:09.839)	17:05.728 (1:10.639)	18:16.701 (1:10.973)			
	19:27.753 (1:11.053)	20:38.867 (1:11.114)	21:49.950 (1:11.084)	23:01.811 (1:11.861)			
	24:13.198 (1:11.388)	25:24.994 (1:11.796)	26:36.611 (1:11.618)	27:47.598 (1:10.987)			
	28:54.944 (1:07.346)						
10	Acosta, Saul	Zatopek Club	28:57.55				
	1:10.566 (1:10.566)	2:18.144 (1:07.578)	3:26.224 (1:08.080)	4:32.972 (1:06.749)			
	5:41.509 (1:08.537)	6:51.629 (1:10.120)	8:00.319 (1:08.691)	9:10.459 (1:10.140)			
	10:21.662 (1:11.203)	11:32.344 (1:10.682)	12:41.886 (1:09.542)	13:51.515 (1:09.629)			
	15:02.191 (1:10.677)	16:12.663 (1:10.472)	17:22.575 (1:09.912)	18:33.778 (1:11.203)			
	19:44.452 (1:10.675)	20:54.988 (1:10.536)	22:06.132 (1:11.145)	23:16.098 (1:09.966)			
	24:25.464 (1:09.366)	25:34.973 (1:09.509)	26:45.037 (1:10.064)	27:53.997 (1:08.960)			
	28:57.547 (1:03.550)						
11	Hauger, Nick	Hoka Naz Elite	29:00.01				
	1:08.866 (1:08.866)	2:15.890 (1:07.025)	3:24.509 (1:08.619)	4:30.727 (1:06.218)			
	5:38.424 (1:07.697)	6:47.377 (1:08.953)	7:55.538 (1:08.161)	9:02.921 (1:07.384)			
	10:11.111 (1:08.190)	11:19.729 (1:08.618)	12:28.207 (1:08.478)	13:37.296 (1:09.089)			
	14:46.518 (1:09.222)	15:56.747 (1:10.230)	17:06.877 (1:10.130)	18:16.976 (1:10.099)			
	19:27.538 (1:10.563)	20:38.669 (1:11.131)	21:50.285 (1:11.616)	23:02.025 (1:11.740)			
	24:12.962 (1:10.937)	25:25.495 (1:12.534)	26:38.006 (1:12.511)	27:50.291 (1:12.286)			
	29:00.003 (1:09.712)						
12	Melville, David	unattached	29:00.26				
	1:09.950 (1:09.950)	2:17.369 (1:07.419)	3:25.933 (1:08.564)	4:33.240 (1:07.308)			
	5:41.804 (1:08.564)	6:51.393 (1:09.589)	8:00.324 (1:08.932)	9:11.278 (1:10.954)			
	10:21.936 (1:10.658)	11:33.094 (1:11.158)	12:43.039 (1:09.945)	13:52.823 (1:09.784)			
	15:03.079 (1:10.257)	16:13.348 (1:10.269)	17:23.674 (1:10.326)	18:34.026 (1:10.352)			
	19:44.643 (1:10.618)	20:55.173 (1:10.530)	22:06.382 (1:11.210)	23:17.001 (1:10.619)			
	24:26.882 (1:09.881)	25:37.517 (1:10.636)	26:48.471 (1:10.954)	27:57.848 (1:09.377)			
	29:00.253 (1:02.405)						



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 3 Men 10000 Meter Run**

13	Stalnaker, Lucas	San Diego Tr	29:00.54				
	1:10.407 (1:10.407)	2:18.260 (1:07.853)	3:26.620 (1:08.360)	4:33.673 (1:07.054)			
	5:42.338 (1:08.665)	6:52.085 (1:09.747)	8:01.281 (1:09.197)	9:11.496 (1:10.215)			
	10:22.178 (1:10.682)	11:32.892 (1:10.714)	12:42.824 (1:09.933)	13:52.347 (1:09.523)			
	15:02.808 (1:10.461)	16:13.701 (1:10.894)	17:23.918 (1:10.217)	18:34.292 (1:10.375)			
	19:44.881 (1:10.589)	20:55.434 (1:10.553)	22:06.631 (1:11.198)	23:17.268 (1:10.637)			
	24:27.204 (1:09.936)	25:37.739 (1:10.536)	26:48.121 (1:10.382)	27:57.244 (1:09.124)			
	29:00.534 (1:03.290)						
14	Wiley, Turner	Club Northwest	29:01.32				
	1:09.924 (1:09.924)	2:17.034 (1:07.110)	3:25.831 (1:08.797)	4:32.469 (1:06.638)			
	5:41.421 (1:08.952)	6:51.470 (1:10.049)	8:00.550 (1:09.080)	9:10.866 (1:10.317)			
	10:21.390 (1:10.524)	11:32.551 (1:11.161)	12:42.586 (1:10.035)	13:52.124 (1:09.538)			
	15:02.594 (1:10.471)	16:13.395 (1:10.801)	17:23.058 (1:09.663)	18:33.621 (1:10.563)			
	19:44.227 (1:10.606)	20:54.793 (1:10.566)	22:05.844 (1:11.052)	23:16.662 (1:10.818)			
	24:26.913 (1:10.251)	25:37.156 (1:10.243)	26:47.927 (1:10.771)	27:57.067 (1:09.140)			
	29:01.318 (1:04.251)						
15	Kerr, Caleb	Working Man'	29:04.22				
	1:10.223 (1:10.223)	2:18.021 (1:07.798)	3:26.356 (1:08.335)	4:33.308 (1:06.953)			
	5:41.908 (1:08.600)	6:51.743 (1:09.835)	8:00.804 (1:09.061)	9:11.046 (1:10.243)			
	10:21.509 (1:10.463)	11:32.287 (1:10.778)	12:42.279 (1:09.992)	13:51.962 (1:09.683)			
	15:02.406 (1:10.445)	16:12.890 (1:10.484)	17:22.799 (1:09.909)	18:33.321 (1:10.522)			
	19:43.947 (1:10.627)	20:54.562 (1:10.615)	22:06.026 (1:11.464)	23:16.864 (1:10.838)			
	24:26.537 (1:09.673)	25:37.125 (1:10.588)	26:47.870 (1:10.745)	27:57.581 (1:09.712)			
	29:04.211 (1:06.630)						
16	Milam, Willie	Roots Runnin	29:17.74				
	1:09.415 (1:09.415)	2:16.272 (1:06.857)	3:24.978 (1:08.706)	4:30.956 (1:05.979)			
	5:38.686 (1:07.730)	6:47.781 (1:09.095)	7:55.796 (1:08.015)	9:02.430 (1:06.635)			
	10:09.222 (1:06.792)	11:18.095 (1:08.873)	12:27.007 (1:08.912)	13:36.300 (1:09.294)			
	14:47.216 (1:10.916)	15:59.490 (1:12.274)	17:12.343 (1:12.854)	18:25.964 (1:13.621)			
	19:39.440 (1:13.476)	20:51.964 (1:12.524)	22:05.729 (1:13.766)	23:17.688 (1:11.959)			
	24:29.465 (1:11.777)	25:42.472 (1:13.007)	26:55.475 (1:13.004)	28:06.588 (1:11.113)			
	29:17.735 (1:11.147)						
17	Caudillo, Fernando	Chicago Road	29:18.53				
	1:10.294 (1:10.294)	2:18.923 (1:08.629)	3:26.948 (1:08.025)	4:34.702 (1:07.754)			
	5:43.137 (1:08.435)	6:52.590 (1:09.453)	8:02.321 (1:09.732)	9:12.145 (1:09.824)			
	10:22.807 (1:10.662)	11:33.506 (1:10.699)	12:43.319 (1:09.813)	13:53.541 (1:10.222)			
	15:04.086 (1:10.545)	16:14.894 (1:10.808)	17:25.159 (1:10.265)	18:35.762 (1:10.603)			
	19:46.898 (1:11.136)	20:57.401 (1:10.503)	22:08.425 (1:11.025)	23:21.185 (1:12.760)			
	24:34.384 (1:13.199)	25:46.975 (1:12.591)	26:59.868 (1:12.894)	28:11.174 (1:11.306)			
	29:18.521 (1:07.348)						
18	Marx, Dylan	San Diego Tr	29:29.91				
	1:09.663 (1:09.663)	2:17.676 (1:08.013)	3:25.677 (1:08.001)	4:32.012 (1:06.335)			
	5:41.204 (1:09.192)	6:51.216 (1:10.012)	8:00.702 (1:09.486)	9:10.655 (1:09.954)			
	10:21.161 (1:10.506)	11:32.673 (1:11.512)	12:42.632 (1:09.959)	13:52.590 (1:09.958)			
	15:03.403 (1:10.813)	16:14.598 (1:11.196)	17:26.706 (1:12.108)	18:39.470 (1:12.764)			
	19:52.006 (1:12.536)	21:04.835 (1:12.829)	22:16.881 (1:12.046)	23:30.490 (1:13.609)			
	24:44.192 (1:13.702)	25:57.124 (1:12.932)	27:08.843 (1:11.720)	28:20.855 (1:12.012)			
	29:29.905 (1:09.051)						



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 3 Men 10000 Meter Run**

19 Kyle, Jordan	unattached	29:34.71				
1:10.439 (1:10.439)	2:18.368 (1:07.929)	3:26.469 (1:08.101)	4:33.478 (1:07.010)			
5:42.099 (1:08.621)	6:51.909 (1:09.810)	8:01.037 (1:09.128)	9:11.220 (1:10.184)			
10:21.682 (1:10.462)	11:32.781 (1:11.099)	12:42.255 (1:09.474)	13:51.749 (1:09.494)			
15:02.376 (1:10.628)	16:13.121 (1:10.745)	17:23.427 (1:10.307)	18:35.085 (1:11.658)			
19:48.831 (1:13.747)	21:02.556 (1:13.725)	22:17.096 (1:14.540)	23:30.749 (1:13.654)			
24:44.001 (1:13.252)	25:57.440 (1:13.440)	27:10.266 (1:12.826)	28:22.563 (1:12.297)			
29:34.707 (1:12.144)						
-- Belles, Dylan	Run Flagstaff	DNF				
1:10.114 (1:10.114)	2:18.589 (1:08.475)	3:26.801 (1:08.212)	4:34.435 (1:07.634)			
5:42.854 (1:08.419)	6:52.616 (1:09.762)	8:02.779 (1:10.164)	9:15.234 (1:12.455)			
10:28.231 (1:12.998)	11:41.432 (1:13.201)	12:54.734 (1:13.302)	14:07.905 (1:13.172)			
15:22.130 (1:14.225)	16:37.215 (1:15.085)	17:52.680 (1:15.465)	19:08.310 (1:15.630)			
-- Vaughn, Sid	Hoka Naz Elite	DNF				
1:08.273 (1:08.273)	2:15.086 (1:06.814)	3:23.484 (1:08.398)	4:29.519 (1:06.035)			
5:37.142 (1:07.624)	6:46.347 (1:09.205)	7:54.003 (1:07.656)	9:02.170 (1:08.167)			
10:11.566 (1:09.397)	11:23.401 (1:11.835)	12:37.118 (1:13.717)	13:52.089 (1:14.971)			
15:04.785 (1:12.696)	16:19.203 (1:14.419)					
-- Zienasellassie, Futsum	Pacer	DNF				
1:07.631 (1:07.631)	2:14.207 (1:06.577)	3:22.517 (1:08.310)	4:28.508 (1:05.991)			
5:36.491 (1:07.984)	6:45.606 (1:09.115)					
-- Lewis, Kevin	Minnesota Di	DNF				
1:09.743 (1:09.743)	2:17.970 (1:08.227)	3:26.549 (1:08.579)	4:34.205 (1:07.657)			
5:42.605 (1:08.400)	6:52.353 (1:09.748)	8:01.639 (1:09.287)	9:11.827 (1:10.188)			
10:22.534 (1:10.707)	11:33.362 (1:10.828)	12:43.256 (1:09.894)	13:53.183 (1:09.928)			
15:03.680 (1:10.497)	16:14.224 (1:10.544)	17:24.604 (1:10.381)	18:36.846 (1:12.242)			
19:51.933 (1:15.087)	21:07.234 (1:15.301)	22:23.577 (1:16.343)	23:40.980 (1:17.403)			
-- Florez, Julian	Pacer	DNF				
1:07.403 (1:07.403)	2:13.913 (1:06.511)	3:22.798 (1:08.885)	4:28.787 (1:05.989)			
5:36.985 (1:08.199)						

**Event 4 Women Long Jump**

Name	Year Team	Finals	Wind
Flight 1			
1 Reese, Brittney	Usa	6.80m	0.4
6.55m(+0.0)	6.53m(+0.0)	6.53m(+0.0)	6.53m(+0.0)
6.11m(+0.0)	6.80m(0.4)		
2 Brume, Ese	Nigeria	6.60m	1.1
6.26m(+0.0)	6.39m(1.0)	6.49m(1.2)	6.41m(1.0)
6.60m(1.1)	6.52m(0.6)		
3 Payton, Malaina	Usa	6.43m	0.1
6.12m(0.2)	6.36m(+0.0)	6.43m(0.1)	6.34m(0.6)
6.23m(1.0)	6.25m(-1.2)		
4 Proctor, Shara	Gbr	6.34m	1.3
6.34m(1.3)	6.16m(0.8)	6.21m(1.3)	6.08m(1.0)
5.76m(1.9)	6.11m(1.1)		
5 Sawyers, Jazmin	Gbr	6.33m	+0.0
6.13m(0.7)	6.27m(+0.0)	6.33m(+0.0)	FOUL
FOUL	FOUL	6.17m(0.9)	
6 Wester, Alexandra	Germany-Puma	6.10m	+0.0
FOUL(0.8)	6.03m(0.4)	FOUL(+0.0)	6.03m(0.8)
6.05m(0.3)	6.10m(+0.0)		
7 Marler, Aasha	Usa	5.80m	0.2
FOUL	FOUL	FOUL	5.43m(0.5)
5.80m(0.2)	5.66m(+0.0)		



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**Event 5 Women 400 Meter Hurdles**

Name	Year Team	Finals
Section 1		
1 Whyte, Rhonda	Jamaica	55.11
2 Nugent, Leah	Jamaica	56.12
3 McKnight, Sparkle	Trinidad	56.54
4 Seymour, Kiah	Tracksmith	56.89
5 Belle, Tia-Adana	Barbados-Puma	57.31
6 Montcalm, Noelle	Canada	57.49
7 O'Connor, Kylee	Santa Barbar	58.93

**Event 6 Women 100 Meter Dash**

Name	Year Team	Finals
Section 1 Wind: 0.6		
1 Neita, Daryll	Gbr	11.12
2 Cunliffe, Hannah	Usa-Adidas	11.20
3 Sant-Price, Marybeth	Usa	11.32
4 Brown, Brittany	Usa	11.33
5 Ahye, Michelle-Lee	Tri-Adidas	11.36
6 Williams, Christania	Jamaica-Puma	11.49
7 Calvert-Powell, Schillon	Jamaica	11.51
8 Awuah, Kristal	Gbr	11.69
-- Forbes, Sahalee	Jamaica	FS

**Event 7 Women 1500 Meter Run**

Name	Year Team	Finals
Section 1		
1 Snowden, Katie	unattached	4:02.98
47.200 (47.200)	1:54.400 (1:07.200)	3:00.582 (1:06.182) 4:02.978 (1:02.396)
2 Grace, Kate	Nike	4:03.54
47.703 (47.703)	1:55.027 (1:07.324)	3:00.801 (1:05.774) 4:03.540 (1:02.739)
3 Hull, Jessica	Nike	4:04.16
47.403 (47.403)	1:54.087 (1:06.685)	3:00.226 (1:06.139) 4:04.154 (1:03.928)
4 Coburn, Emma	New Balance	4:04.28
47.845 (47.845)	1:54.607 (1:06.762)	3:00.431 (1:05.824) 4:04.280 (1:03.849)
5 Bishop-Nriagu, Melissa	Nike	4:04.42
47.139 (47.139)	1:54.568 (1:07.429)	3:00.912 (1:06.344) 4:04.416 (1:03.504)
6 McLean, Heather	New Balance Boston	4:04.85
47.743 (47.743)	1:54.868 (1:07.125)	3:00.681 (1:05.813) 4:04.842 (1:04.162)
7 Jones, Dani	New Balance	4:04.86
46.627 (46.627)	1:53.981 (1:07.354)	3:00.090 (1:06.109) 4:04.856 (1:04.767)
8 Reekie, Jemma	Nike	4:05.09
47.625 (47.625)	1:54.649 (1:07.024)	3:00.370 (1:05.721) 4:05.086 (1:04.716)
9 DeBues-Stafford, Lucia	unattached	4:07.28
47.308 (47.308)	1:55.396 (1:08.088)	3:02.138 (1:06.743) 4:07.274 (1:05.136)



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**....Event 7 Women 1500 Meter Run**

10 Mehra, Rebecca	Oiselle Littlewing	4:07.76			
47.982 (47.982)	1:55.609 (1:07.627)	3:01.648 (1:06.040)	4:07.760 (1:06.112)		
11 Rowbury, Shannon	Nike	4:09.70			
48.152 (48.152)	1:54.795 (1:06.643)	3:01.423 (1:06.629)	4:09.693 (1:08.270)		
12 McGee, Cory	New Balance	4:10.43			
46.860 (46.860)	1:53.806 (1:06.947)	3:00.118 (1:06.312)	4:10.429 (1:10.312)		
13 Archer, Holly	United Kingdom	4:11.98			
47.022 (47.022)	1:54.315 (1:07.293)	3:01.221 (1:06.907)	4:11.976 (1:10.755)		
14 Johnson, Sinclaire	Nike Bowerma	4:12.76			
47.501 (47.501)	1:55.222 (1:07.721)	3:01.946 (1:06.725)	4:12.751 (1:10.805)		
-- Van Dyke, Sara	Pacer	DNF			
46.195 (46.195)	1:54.754 (1:08.559)				

**Event 8 Men Shot Put**

Name	Year	Team	Finals
Flight 1			
1 Otterdahl, Payton		Usa-Nike	21.53m
20.93m 21.48m 21.53m 21.33m 21.38m 21.19m			
2 Ponzio, Nick		Usa	21.40m
20.19m 21.25m 20.98m 20.80m 21.40m 20.89m			
3 Skarvelis, Nikolaos		Greece	19.98m
19.80m 19.79m FOUL 19.98m FOUL FOUL			
4 Ogundeji, Dotun		Nigeria	19.63m
FOUL 19.10m 19.36m FOUL 19.63m 19.41m			
5 Henry, Eldred		Bvi	18.10m
17.80m 18.10m FOUL FOUL FOUL FOUL			

**Event 9 Men 800 Meter Run**

Name	Year	Team	Finals
Section 1			
1 TonatIU Lopez, Jesus		Halcones Hermasillo	1:46.59
53.487 (53.487)	1:46.588 (53.102)		
2 Langford, Kyle		British Athletics	1:47.00
53.384 (53.384)	1:46.996 (53.612)		
3 Kidder, Brannon		Brooks Beast	1:47.70
53.957 (53.957)	1:47.695 (53.738)		
4 Learmonth, Guy		New Balance	1:47.90
53.594 (53.594)	1:47.894 (54.300)		
5 Windle, Drew		Brooks Beast	1:48.55
53.572 (53.572)	1:48.548 (54.976)		
6 Grice, Charlie		Gbr	1:49.26
53.681 (53.681)	1:49.256 (55.575)		
7 Harrison, Christian		Adidas/Golde	1:49.91
53.184 (53.184)	1:49.903 (56.719)		
-- Miller, Bryan		Pacer	DNF
52.167 (52.167)			



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**Event 10 Women 800 Meter Run**

Name	Year Team	Finals
1 Muir, Laura	Nike	1:58.71
59.730 (59.730)	1:58.707 (58.978)	
2 Wilson, Allie	Atlanta Track Club	1:59.68
59.261 (59.261)	1:59.676 (1:00.415)	
3 Tracey, Adelle	Gbr	1:59.84
59.547 (59.547)	1:59.835 (1:00.289)	
4 Green, Hanna	Nike Oregon	1:59.88
1:00.079 (1:00.079)	1:59.873 (59.795)	
5 Purrier, Ellie	Team New Bal	1:59.99
59.847 (59.847)	1:59.983 (1:00.137)	
6 DeBues-Stafford, Gabriel	Nike Bowerma	2:00.03
1:00.257 (1:00.257)	2:00.021 (59.765)	
7 Butterworth, Lindsey	New Balance	2:00.81
59.892 (59.892)	2:00.810 (1:00.918)	
8 Sutherland, Sabrina	Nike Oregon	2:01.00
59.927 (59.927)	2:00.993 (1:01.066)	
9 Akins, Nia	Brooks Beast	2:03.71
1:00.155 (1:00.155)	2:03.709 (1:03.555)	
10 Martinez, Brenda	New Balance	2:04.38
59.656 (59.656)	2:04.380 (1:04.724)	
-- Short, Ciara	Pacer	DNF
59.510 (59.510)		

**Event 11 Women 400 Meter Dash**

Name	Year Team	Finals
1 Ellis, Kendall	Mexico	50.30
2 Williams, Jodie	Usa	51.01
3 Stepter, Jaide	Usa-New Balance	51.31
4 Moran, Paola	Usa	51.50
5 Abbott, Chloe	On Running	51.93
6 Okolo, Courtney	Gbr	52.67

**Event 12 Men 1500 Meter Run**

Name	Year Team	Finals
1 Centrowitz, Matt	Nike Bowerma	3:35.26
42.649 (42.649)	1:41.165 (58.516)	2:41.023 (59.859) 3:35.255 (54.232)
2 Heyward, Jake	Nike	3:36.24
42.246 (42.246)	1:40.799 (58.553)	2:40.574 (59.775) 3:36.231 (55.658)
3 Scott, Marc	Nike Bowerma	3:36.28
43.243 (43.243)	1:42.208 (58.965)	2:41.769 (59.561) 3:36.278 (54.509)
4 Fisher, Grant	Nike Bowerma	3:36.52
43.312 (43.312)	1:42.020 (58.708)	2:41.512 (59.492) 3:36.515 (55.004)
5 Thompson, Josh	Nike Bowerma	3:37.17
43.577 (43.577)	1:41.813 (58.236)	2:41.252 (59.439) 3:37.164 (55.912)



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**....Event 12 Men 1500 Meter Run**

6	Gregorek, Johnny	Asics	3:37.24		
	42.451 (42.451)	1:40.972 (58.521)	2:40.840 (59.869)	3:37.237 (56.397)	
7	Ciattei, Vince	Nike Oregon	3:37.37		
	43.752 (43.752)	1:42.610 (58.858)	2:42.105 (59.495)	3:37.368 (55.263)	
8	Paulson, Will	Nike Oregon	3:37.57		
	42.983 (42.983)	1:41.921 (58.939)	2:41.934 (1:00.013)	3:37.563 (55.629)	
9	Mills, George	Nike	3:40.11		
	42.730 (42.730)	1:41.342 (58.613)	2:41.356 (1:00.014)	3:40.110 (58.755)	
10	Wynne, Henry	Brooks Beast	3:44.00		
	42.874 (42.874)	1:41.707 (58.834)	2:43.565 (1:01.858)	3:44.001 (1:00.436)	
--	Gourley, Neil	Nike	DNF		
	43.432 (43.432)	1:42.334 (58.902)			
--	Andrews, Robby	Adidas	DNF		
	43.572 (43.572)	1:43.543 (59.971)			
--	Avila, Eric	Adidas	DNF		
--	Haney, Blake	Pacer	DNF		
	42.021 (42.021)	1:40.591 (58.570)			
--	Ahmed, Mohammed	Nike Bowerma	DNF		

**Event 13 Women 100 Meter Hurdles**

Name	Year Team	Finals
Section 1 Wind: 2.1		
1 Anderson, Britany	Jamaica	12.69
2 Charlton, Devynne	Bahamas	12.74
3 Jones, Tia	Usa	12.95
4 Seymore, Pedrya	Bahamas	12.96
5 Hall, Dior	Usa	13.11
6 Pedersen, Isabelle	Norway-New Balance	13.15
7 Nyame, Astrid	Canada	13.52
8 Castlin, Kristi	Usa	14.72

**Event 14 Men 110 Meter Hurdles**

Name	Year Team	Finals
Section 1 Wind: 1.4		
1 McLeod, Omar	Jamaica	13.11
2 Allen, Devon	Usa-Nike	13.26
3 Roberts, Daniel	Usa	13.30
4 Mallet, Aaron	Usa-Nike	13.46
5 Eaton, Jarret	Usa	13.58
6 Merritt, Aries	Usa-Nike	13.90
7 Hairston, Max	Altis	13.92
8 Cabral, Johnathan	Canada	14.01
9 Trajkovic, Milan	Cyprus-Adidas	14.07



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**Event 15 Men 100 Meter Dash**

Name	Year Team	Finals
Section 1 Wind: 1.5		
1 Bromell, Trayvon	Usa-New Balance	9.92
2 Royster, Chris	Usa	10.22
3 Boateng, Bismark	Canada	10.28
4 DeMoss, Davon	Usa	10.30
5 McLain, Remontay	Adidas	10.32
6 Schurr, Gavin	Usa	10.40
7 Kamau, Leeroy	Papua New Guinea	10.75

**Event 16 Girls 1 Mile Run HS**

Name	Year Team	Finals
Section 1		
1 Barnett, Mia	Crescenta Valley TC	4:39.41
2.278 (2.278)	1:13.053 (1:10.775)	2:21.390 (1:08.337)
4:39.403 (1:10.155)		3:29.249 (1:07.859)
2 Englehart, Sadie	Cabrillo Mid	4:46.25
2.385 (2.385)	1:14.097 (1:11.712)	2:24.849 (1:10.753)
4:46.248 (1:09.179)		3:37.069 (1:12.220)
3 Frias, Dalia	Mira Costa TC	4:47.71
2.023 (2.023)	1:13.586 (1:11.564)	2:25.077 (1:11.491)
4:47.701 (1:10.118)		3:37.584 (1:12.507)
4 McDonnell, Sam	Newbury Park TC	4:48.41
2.255 (2.255)	1:13.680 (1:11.425)	2:25.458 (1:11.778)
4:48.406 (1:10.637)		3:37.769 (1:12.311)
5 Suarez, Audrey	Mayfield TC	4:48.48
2.515 (2.515)	1:13.367 (1:10.852)	2:24.577 (1:11.210)
4:48.475 (1:11.147)		3:37.328 (1:12.751)
6 Fredericks, Hannah	Saugus Track Club	4:53.65
1.678 (1.678)	1:13.792 (1:12.115)	2:25.214 (1:11.422)
4:53.642 (1:15.547)		3:38.095 (1:12.881)
7 Hawkins, Ailish	Newbury Park TC	5:05.78
2.301 (2.301)	1:15.285 (1:12.984)	2:31.588 (1:16.303)
5:05.772 (1:15.499)		3:50.273 (1:18.685)
8 Salz, Annika	Torrey Pines TC	5:06.03
2.224 (2.224)	1:14.712 (1:12.488)	2:31.410 (1:16.698)
5:06.022 (1:16.384)		3:49.638 (1:18.228)
9 Leupold, Malia	Sage Creek TC	5:10.37
1.759 (1.759)	1:15.025 (1:13.266)	2:31.768 (1:16.743)
5:10.365 (1:18.851)		3:51.515 (1:19.747)
10 Scuba, Kaya	Sage Creek TC	5:11.35
2.206 (2.206)	1:15.487 (1:13.281)	2:32.249 (1:16.762)
5:11.347 (1:19.107)		3:52.240 (1:19.991)
11 Wallace, Stormy	Sage Creek TC	5:11.50
2.000 (2.000)	1:15.705 (1:13.706)	2:32.835 (1:17.130)
5:11.495 (1:19.213)		3:52.282 (1:19.447)



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**....Event 16 Girls 1 Mile Run HS**

12 Taylor, Scarlett	Torrey Pines TC	5:13.62		
2.179 (2.179)	1:15.461 (1:13.282)	2:32.717 (1:17.256)	3:52.787 (1:20.070)	
5:13.614 (1:20.827)				

**Event 17 Boys 1 Mile Run HS**

Name	Year Team	Finals
1 Young, Leo	Newbury Park TC	4:10.95
1:04.641 (1:04.641)	2:08.963 (1:04.322)	3:11.873 (1:02.910) 4:10.943 (59.071)
2 Givens, Isaiah	Pasadena	4:11.68
1:03.645 (1:03.645)	2:06.971 (1:03.326)	3:09.695 (1:02.724) 4:11.675 (1:01.980)
3 Gilmore, Bryce	Sage Creek TC	4:11.91
1:03.456 (1:03.456)	2:07.724 (1:04.269)	3:10.665 (1:02.941) 4:11.907 (1:01.242)
4 Young, Lex	Newbury Park TC	4:12.15
1:03.871 (1:03.871)	2:07.991 (1:04.120)	3:10.998 (1:03.008) 4:12.146 (1:01.148)
5 Schuld, Josh	Beckman	4:12.18
1:04.281 (1:04.281)	2:07.947 (1:03.666)	3:11.215 (1:03.269) 4:12.176 (1:00.961)
6 Bustamonte, Jacob	Chapparal TC	4:13.48
1:03.912 (1:03.912)	2:08.405 (1:04.493)	3:11.653 (1:03.248) 4:13.475 (1:01.823)
7 Winter, Daniel	St. Mary's TC	4:13.89
1:04.573 (1:04.573)	2:08.233 (1:03.660)	3:11.577 (1:03.344) 4:13.890 (1:02.313)
8 Hussain, Zeid	Beckman	4:14.59
1:04.168 (1:04.168)	2:08.590 (1:04.422)	3:12.251 (1:03.661) 4:14.582 (1:02.332)
9 Crew, Cormac	Mira Costa TC	4:17.96
1:05.245 (1:05.245)	2:09.754 (1:04.509)	3:14.516 (1:04.762) 4:17.957 (1:03.441)
10 Beale, Colin	Mira Costa TC	4:18.41
1:05.293 (1:05.293)	2:09.523 (1:04.230)	3:14.789 (1:05.267) 4:18.405 (1:03.616)
11 Manning, Dylan	Tesoro TC	4:18.59
1:03.695 (1:03.695)	2:08.153 (1:04.458)	3:12.552 (1:04.400) 4:18.590 (1:06.038)
12 McCoy, JT	St. John Bosco TC	4:18.73
1:04.431 (1:04.431)	2:08.676 (1:04.245)	3:12.988 (1:04.312) 4:18.730 (1:05.742)
13 Barclay, Sebastian	Torrey Pines TC	4:20.44
1:05.043 (1:05.043)	2:10.080 (1:05.037)	3:15.431 (1:05.351) 4:20.431 (1:05.000)
14 Arriola, Kennie	Jsera TC	4:26.56
1:03.161 (1:03.161)	2:07.500 (1:04.340)	3:13.472 (1:05.972) 4:26.554 (1:13.083)
15 Chavez, Christopher	St. John Bosco TC	4:31.70
1:04.912 (1:04.912)	2:11.961 (1:07.049)	3:22.358 (1:10.397) 4:31.694 (1:09.336)

**Event 18 Women 800 Meter Run Heat 4**

Name	Year Team	Finals
1 Ellsworth, Alena	Byu	2:03.81
1:00.856 (1:00.856)	2:03.806 (1:02.950)	
2 Freitas, Marta	Brooks Beast	2:04.05
1:00.207 (1:00.207)	2:04.044 (1:03.837)	
3 Real, Mariela	Mexico	2:04.15
59.591 (59.591)	2:04.141 (1:04.551)	



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4 Hunter, Meghan	Byu	2:04.27
1:01.278 (1:01.278)	2:04.264 (1:02.987)	
5 Webb, Skylyn	Saucony	2:04.95
1:00.473 (1:00.473)	2:04.943 (1:04.470)	
6 Stepanova, Julia	unattached	2:05.45
1:00.712 (1:00.712)	2:05.450 (1:04.738)	
-- Van Dyke, Sara	Pacer	DNF
59.386 (59.386)		

**Event 19 Women 800 Meter Run Heat 3**

Name	Year Team	Finals
1 Hartigan, Georgie	unattached	2:03.48
1:00.632 (1:00.632)	2:03.475 (1:02.843)	
2 Ellsworth-Banres, Lauren	Byu	2:04.03
1:01.460 (1:01.460)	2:04.025 (1:02.565)	
3 Mecke, Dana	Tracksmith/C	2:04.23
1:02.033 (1:02.033)	2:04.222 (1:02.189)	
4 Chambers, Kendra	Oiselle	2:04.30
1:00.677 (1:00.677)	2:04.297 (1:03.620)	
5 Henderson, Sadi	Oiselle Littlewing	2:04.52
1:00.916 (1:00.916)	2:04.519 (1:03.603)	
6 Townsend, Addy	Canada	2:08.68
1:01.253 (1:01.253)	2:08.672 (1:07.419)	
7 Camp, Anna	Byu	2:10.99
1:01.049 (1:01.049)	2:10.984 (1:09.935)	
8 Rizk, Julia	Under Armour	2:13.56
1:00.819 (1:00.819)	2:13.552 (1:12.733)	
-- Seymour, Claire	Byu	DNF
1:01.204 (1:01.204)		

**Event 20 Men 800 Meter Run Heat 2**

Name	Year Team	Finals
1 Black, Mitchell	Tracksmith/G	1:48.87
53.121 (53.121)	1:48.868 (55.747)	
2 Chathan, Luca	Tracksmith/TETC	1:49.01
52.612 (52.612)	1:49.010 (56.398)	
3 Desmuelles, Olivier	Caul	1:49.15
52.898 (52.898)	1:49.147 (56.249)	
4 Lester, John	Amador Valle	1:49.77
52.932 (52.932)	1:49.765 (56.834)	
5 Downs, Robert	Diadora	1:50.33
53.101 (53.101)	1:50.322 (57.222)	
6 Miranda, Sergio	Nynj Track Club	1:50.37
53.618 (53.618)	1:50.362 (56.744)	
7 Thomas, Derek	unattached	1:50.81
53.851 (53.851)	1:50.807 (56.957)	



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**....Event 20 Men 800 Meter Run Heat 2**

8	Brown, Spencer	Brooks Beast	1:51.89
	53.326 (53.326)	1:51.883 (58.558)	
9	Marshall, Myles	Texas Elite/	1:52.84
	52.218 (52.218)	1:52.832 (1:00.615)	
10	Hawthorne, Anthony	unattached	1:54.86
	53.997 (53.997)	1:54.859 (1:00.863)	
--	Fisher, Jeffrey	Pacer	DNF
	52.064 (52.064)		

**Event 21 Women 800 Meter Run Heat 2**

Name	Year Team	Finals
1 Kelly, Madeleine	unattached	2:01.11
	57.943 (57.943) 2:01.106 (1:03.163)	
2 Price, Chanelle	Nike Oregon	2:01.61
	58.024 (58.024) 2:01.608 (1:03.584)	
3 Baker, Ellie	British Athletics	2:01.82
	58.469 (58.469) 2:01.812 (1:03.343)	
4 Feldmeier, Brooke	Adidas	2:02.15
	58.705 (58.705) 2:02.145 (1:03.440)	
5 Bouchard, Maite	Canada	2:02.53
	58.272 (58.272) 2:02.529 (1:04.257)	
6 Segrave, Hannah	New Balance	2:02.72
	58.943 (58.943) 2:02.717 (1:03.774)	
7 Schlachtenhaufen, Helen	Saucony Free	2:03.84
	58.218 (58.218) 2:03.834 (1:05.616)	
8 Edwards, Kaela	Adidas	2:04.09
	58.332 (58.332) 2:04.084 (1:05.753)	
9 Romaniw, Olivia	Vic City Elite	2:04.30
	58.685 (58.685) 2:04.295 (1:05.610)	
10 Cote, Laurence	Vic City Elite	2:05.09
	58.983 (58.983) 2:05.086 (1:06.103)	
--	Efraimson, Alexa	DNF
	59.593 (59.593)	

**Event 22 Women 1500 Meter Run Heat 3**

Name	Year Team	Finals
1 Cleyet-Merle, Berenice	unattached	4:11.81
	53.322 (53.322) 2:01.257 (1:07.935) 3:07.899 (1:06.643) 4:11.806 (1:03.907)	
2 Cleirigh - Buttner, Sofr	Team New Bal	4:13.96
	53.069 (53.069) 2:01.030 (1:07.961) 3:08.101 (1:07.071) 4:13.951 (1:05.850)	
3 Hinkle, Jenna	Hoka One One Aggies	4:15.19
	52.842 (52.842) 2:00.786 (1:07.945) 3:07.799 (1:07.013) 4:15.189 (1:07.390)	
4 Hunter, Kate	Byu	4:15.88
	54.040 (54.040) 2:01.506 (1:07.466) 3:08.186 (1:06.681) 4:15.877 (1:07.691)	
5 Plourde, Simone	Byu	4:16.06
	53.922 (53.922) 2:01.779 (1:07.858) 3:08.458 (1:06.679) 4:16.056 (1:07.598)	



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**....Event 22 Women 1500 Meter Run Heat 3**

6 Hanson, Heather	Byu	4:23.68		
53.774 (53.774)	2:02.456 (1:08.683)	3:12.255 (1:09.799)	4:23.677 (1:11.423)	
7 Sullivan, Meggie	Empire Track Club	4:41.87		
54.158 (54.158)	2:03.023 (1:08.866)	3:17.757 (1:14.734)	4:41.866 (1:24.110)	

**Event 23 Men 1500 Meter Run Heat 3**

Name	Year Team	Finals		
1 Proceviat, Cameron	unattached	3:39.64		
42.790 (42.790)	1:42.861 (1:00.072)	2:43.686 (1:00.825)	3:39.639 (55.954)	
2 Meyer, Brett	unattached	3:40.64		
42.588 (42.588)	1:42.709 (1:00.121)	2:43.897 (1:01.188)	3:40.640 (56.744)	
3 Robertson, Kevin	Club Saint-L	3:41.25		
43.817 (43.817)	1:43.956 (1:00.140)	2:44.103 (1:00.147)	3:41.249 (57.146)	
4 O'Toole, Garrett	unattached	3:41.63		
42.408 (42.408)	1:43.057 (1:00.649)	2:44.354 (1:01.297)	3:41.630 (57.276)	
5 Winter, Karl	unattached	3:42.07		
43.615 (43.615)	1:44.800 (1:01.185)	2:44.747 (59.947)	3:42.064 (57.317)	
6 Schultz, Colin	unattached	3:42.21		
43.325 (43.325)	1:43.734 (1:00.409)	2:44.567 (1:00.833)	3:42.203 (57.636)	
7 Gorman, Tim	Mammoth Track Club	3:42.22		
43.899 (43.899)	1:44.766 (1:00.867)	2:45.236 (1:00.471)	3:42.219 (56.983)	
8 Ellis, Sam	unattached	3:43.31		
42.194 (42.194)	1:42.275 (1:00.081)	2:44.151 (1:01.877)	3:43.308 (59.157)	
9 Amos, Nijel	Nike Oregon	3:44.04		
43.053 (43.053)	1:44.030 (1:00.978)	2:45.035 (1:01.005)	3:44.032 (58.997)	
10 Troutner, Aiden	Byu	3:44.95		
1:44.388 (1:44.388)	2:45.011 (1:00.624)	3:44.950 (59.939)		
11 Sahlman, Colin	unattached	3:46.39		
42.747 (42.747)	1:44.232 (1:01.485)	2:46.053 (1:01.821)	3:46.384 (1:00.331)	
-- Strum, Wenston	Tracksmith Asp	DNF		
43.603 (43.603)				
-- Terry, Darius	Pacer	DNF		
41.952 (41.952)	1:41.905 (59.953)			

**Event 24 Women 1500 Meter Run Heat 2**

Name	Year Team	Finals		
1 Hawthorn, Natalia	Brooks	4:07.12		
48.040 (48.040)	1:55.070 (1:07.031)	3:03.622 (1:08.552)	4:07.116 (1:03.495)	
2 Vaughn, Sara	&mother	4:07.64		
47.524 (47.524)	1:55.193 (1:07.670)	3:03.867 (1:08.674)	4:07.636 (1:03.770)	
3 Monson, Alicia	On Athletics Club	4:08.02		
47.910 (47.910)	1:55.373 (1:07.464)	3:03.563 (1:08.190)	4:08.018 (1:04.455)	
4 Nelson, Karisa	Brooks Beast	4:08.95		
48.088 (48.088)	1:55.212 (1:07.125)	3:03.663 (1:08.451)	4:08.947 (1:05.284)	
5 Kelly, Mariah	New Balance	4:09.05		
48.373 (48.373)	1:55.922 (1:07.550)	3:03.990 (1:08.068)	4:09.042 (1:05.052)	



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**...Event 24 Women 1500 Meter Run Heat 2**

6	Buchalski, Allie	Brooks Beast	4:09.86		
	49.127 (49.127)	1:56.897 (1:07.770)	3:04.520 (1:07.623)	4:09.856 (1:05.336)	
7	Kampf, Heather	Minnesota Di	4:10.19		
	48.623 (48.623)	1:56.113 (1:07.491)	3:04.241 (1:08.128)	4:10.184 (1:05.943)	
8	Hoj, Olivia	Byu	4:10.90		
	48.802 (48.802)	1:56.546 (1:07.744)	3:04.897 (1:08.351)	4:10.898 (1:06.002)	
9	Goldstein, Abby	unattached	4:10.94		
	47.810 (47.810)	1:55.537 (1:07.728)	3:04.395 (1:08.858)	4:10.939 (1:06.545)	
10	Praught-Leer, Aisha	Puma/NYAC	4:11.62		
	48.250 (48.250)	1:55.636 (1:07.387)	3:04.206 (1:08.570)	4:11.612 (1:07.406)	
11	Eccleston, Amanda	Brooks	4:11.87		
	48.100 (48.100)	1:55.454 (1:07.355)	3:03.793 (1:08.339)	4:11.861 (1:08.069)	
12	Rego, Amanda	Cstc Elite	4:12.20		
	48.500 (48.500)	1:56.214 (1:07.715)	3:05.163 (1:08.949)	4:12.196 (1:07.033)	
13	Piccirillo, Angel	Oiselle Littlewing	4:13.06		
	47.619 (47.619)	1:55.675 (1:08.057)	3:04.703 (1:09.028)	4:13.055 (1:08.352)	
14	Rogers, Raevyn	Nike	4:14.25		
	47.870 (47.870)	1:55.827 (1:07.958)	3:04.782 (1:08.955)	4:14.245 (1:09.463)	
15	Garcia, Alma	Mn-21	4:16.13		
	47.301 (47.301)	1:54.961 (1:07.660)	3:04.200 (1:09.239)	4:16.128 (1:11.929)	
--	Rizk, Julia	Pacer	DNF		
	47.109 (47.109)	1:54.773 (1:07.664)			

**Event 25 Men 1500 Meter Run Heat 2**

Name	Year Team	Finals		
1 Young, James	Academy of Art	3:38.31		
	42.890 (42.890)	1:41.727 (58.837)	2:39.852 (58.126)	3:38.309 (58.457)
2 Callahan, Peter	Royal Excels	3:38.41		
	43.057 (43.057)	1:42.524 (59.468)	2:41.842 (59.318)	3:38.405 (56.564)
3 Napolitano, Rob	Nyac	3:38.50		
	43.208 (43.208)	1:42.336 (59.129)	2:41.303 (58.967)	3:38.498 (57.196)
4 Bons, Lucas	Byu	3:38.69		
	42.251 (42.251)	1:41.632 (59.381)	2:40.455 (58.823)	3:38.682 (58.228)
5 Thies, Jeff	Adidas Tinman Elite	3:39.30		
	42.482 (42.482)	1:42.667 (1:00.186)	2:42.158 (59.491)	3:39.292 (57.134)
6 Lumb, Kieran	Vancouver Th	3:39.59		
	42.906 (42.906)	1:41.381 (58.475)	2:39.701 (58.321)	3:39.582 (59.881)
7 Avila, Eric	Adidas	3:40.35		
	41.855 (41.855)	1:40.574 (58.720)	2:40.070 (59.496)	3:40.341 (1:00.271)
8 Villarreal, Carlos	On Athletics Club	3:40.40		
	42.703 (42.703)	1:42.170 (59.468)	2:42.846 (1:00.676)	3:40.392 (57.546)
9 Bellemore, Corey	Westfly	3:42.29		
	43.078 (43.078)	1:42.354 (59.277)	2:42.010 (59.656)	3:42.288 (1:00.279)
10 Domanic, Robert	Reebok Boston TC	3:42.47		
	44.070 (44.070)	1:43.679 (59.609)	2:43.667 (59.989)	3:42.464 (58.797)
11 Herrera, Daniel	Mexico	3:44.89		
	43.695 (43.695)	1:42.548 (58.854)	2:42.502 (59.954)	3:44.883 (1:02.382)



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**....Event 25 Men 1500 Meter Run Heat 2**

12 Tuntivate, Kieran	Nike Bowerma	3:50.15		
43.852 (43.852)	1:44.092 (1:00.240)	2:46.643 (1:02.551)	3:50.141 (1:03.499)	
13 Kiprotich, Justine	Hoka One One	3:57.12		
43.636 (43.636)	1:45.035 (1:01.400)	2:50.925 (1:05.890)	3:57.114 (1:06.190)	
-- Desmeules, Olivier	Pacer	DNF		
41.484 (41.484)	1:40.598 (59.115)			

**Event 26 Women 5000 Meter Run Heat 1**

Name	Year Team	Finals		
1 Hassan, Sifan	Nike	14:35.34		
34.853 (34.853)	1:44.664 (1:09.812)	2:54.474 (1:09.810)	4:04.184 (1:09.710)	
5:14.403 (1:10.219)	6:25.109 (1:10.707)	7:36.033 (1:10.924)	8:46.789 (1:10.757)	
9:57.705 (1:10.916)	11:09.009 (1:11.304)	12:20.023 (1:11.015)	13:29.931 (1:09.908)	
14:35.337 (1:05.406)				
2 Norris, Josette	Reebok Boston TC	14:51.42		
35.685 (35.685)	1:51.072 (1:15.388)	3:03.346 (1:12.274)	4:15.601 (1:12.255)	
5:28.138 (1:12.537)	6:39.202 (1:11.064)	7:50.016 (1:10.814)	9:01.343 (1:11.327)	
10:12.782 (1:11.440)	11:24.430 (1:11.648)	12:35.347 (1:10.917)	13:46.062 (1:10.716)	
14:51.414 (1:05.352)				
3 Schneider, Rachel	Under Armour	14:52.04		
35.512 (35.512)	1:50.342 (1:14.831)	3:01.776 (1:11.434)	4:14.124 (1:12.349)	
5:26.420 (1:12.296)	6:38.012 (1:11.592)	7:49.445 (1:11.434)	9:01.048 (1:11.603)	
10:12.437 (1:11.389)	11:24.157 (1:11.720)	12:34.956 (1:10.800)	13:45.861 (1:10.905)	
14:52.039 (1:06.178)				
4 Sisson, Emily	New Balance	14:53.84		
35.233 (35.233)	1:50.088 (1:14.856)	3:01.529 (1:11.441)	4:13.857 (1:12.329)	
5:26.181 (1:12.324)	6:37.763 (1:11.582)	7:49.217 (1:11.455)	9:00.807 (1:11.590)	
10:12.203 (1:11.397)	11:23.914 (1:11.711)	12:34.732 (1:10.818)	13:45.650 (1:10.919)	
14:53.837 (1:08.187)				
5 Van Buskirk, Kate	Canada	14:59.80		
36.167 (36.167)	1:51.984 (1:15.818)	3:03.241 (1:11.257)	4:15.665 (1:12.424)	
5:28.011 (1:12.346)	6:40.244 (1:12.233)	7:52.374 (1:12.131)	9:05.751 (1:13.377)	
10:18.433 (1:12.682)	11:31.488 (1:13.055)	12:43.505 (1:12.017)	13:54.170 (1:10.665)	
14:59.792 (1:05.622)				
6 Staehli, Julie-Anne	New Balance	15:01.85		
36.422 (36.422)	1:51.970 (1:15.549)	3:03.158 (1:11.188)	4:15.361 (1:12.203)	
5:27.898 (1:12.537)	6:40.044 (1:12.146)	7:52.132 (1:12.089)	9:05.586 (1:13.454)	
10:18.247 (1:12.661)	11:31.405 (1:13.158)	12:44.131 (1:12.727)	13:55.635 (1:11.504)	
15:01.847 (1:06.212)				
7 Klein, Hanna	Nike	15:01.99		
36.887 (36.887)	1:50.425 (1:13.539)	3:01.978 (1:11.553)	4:14.316 (1:12.339)	
5:26.651 (1:12.335)	6:38.840 (1:12.189)	7:50.505 (1:11.665)	9:02.503 (1:11.999)	
10:15.281 (1:12.778)	11:28.976 (1:13.696)	12:43.115 (1:14.139)	13:54.526 (1:11.411)	
15:01.985 (1:07.459)				



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**....Event 26 Women 5000 Meter Run Heat 1**

8 Ockenden, Verity	unattached	15:03.51			
36.241 (36.241)	1:51.551 (1:15.310)	3:04.104 (1:12.554)	4:16.512 (1:12.408)		
5:29.134 (1:12.622)	6:41.554 (1:12.421)	7:53.504 (1:11.950)	9:07.338 (1:13.834)		
10:20.226 (1:12.889)	11:31.955 (1:11.729)	12:43.756 (1:11.801)	13:54.824 (1:11.068)		
15:03.501 (1:08.678)					
9 Rogers, Natosha	Hansons-Broo	15:04.95			
35.459 (35.459)	1:50.563 (1:15.105)	3:02.208 (1:11.645)	4:14.527 (1:12.320)		
5:26.893 (1:12.366)	6:38.304 (1:11.411)	7:49.770 (1:11.467)	9:01.645 (1:11.875)		
10:13.368 (1:11.723)	11:25.455 (1:12.087)	12:39.710 (1:14.255)	13:54.564 (1:14.854)		
15:04.949 (1:10.385)					
10 Orton, Whittni	Byu	15:12.91			
35.827 (35.827)	1:50.743 (1:14.917)	3:02.901 (1:12.158)	4:15.466 (1:12.566)		
5:27.699 (1:12.233)	6:39.534 (1:11.835)	7:51.291 (1:11.757)	9:03.380 (1:12.089)		
10:17.336 (1:13.956)	11:31.573 (1:14.237)	12:44.866 (1:13.293)	13:59.477 (1:14.612)		
15:12.901 (1:13.424)					
11 See, Heidi	Adidas/Golde	15:18.24			
37.135 (37.135)	1:52.673 (1:15.539)	3:04.731 (1:12.058)	4:17.116 (1:12.385)		
5:29.932 (1:12.817)	6:42.923 (1:12.991)	7:59.061 (1:16.138)	9:14.781 (1:15.720)		
10:29.485 (1:14.705)	11:44.314 (1:14.829)	12:58.807 (1:14.494)	14:11.684 (1:12.877)		
15:18.233 (1:06.549)					
12 Werner, Taylor	Puma	15:18.70			
36.719 (36.719)	1:51.761 (1:15.043)	3:04.337 (1:12.576)	4:16.751 (1:12.414)		
5:29.715 (1:12.965)	6:43.175 (1:13.460)	7:58.765 (1:15.590)	9:14.441 (1:15.677)		
10:29.122 (1:14.681)	11:43.799 (1:14.677)	12:58.464 (1:14.665)	14:12.007 (1:13.543)		
15:18.696 (1:06.690)					
13 Lawrence, Mel	Oiselle Littlewing	15:18.72			
37.166 (37.166)	1:52.387 (1:15.222)	3:05.134 (1:12.747)	4:17.400 (1:12.266)		
5:30.643 (1:13.244)	6:43.445 (1:12.802)	7:58.839 (1:15.394)	9:14.581 (1:15.743)		
10:29.275 (1:14.694)	11:44.075 (1:14.800)	12:58.559 (1:14.484)	14:11.383 (1:12.824)		
15:18.715 (1:07.333)					
14 Cash, Alli	Oiselle Volee	15:19.00			
35.980 (35.980)	1:51.277 (1:15.297)	3:03.551 (1:12.275)	4:15.805 (1:12.254)		
5:28.331 (1:12.526)	6:40.813 (1:12.482)	7:53.131 (1:12.318)	9:07.244 (1:14.113)		
10:21.554 (1:14.310)	11:37.284 (1:15.731)	12:54.465 (1:17.181)	14:09.581 (1:15.117)		
15:18.998 (1:09.417)					
15 Bruce, Stephanie	Hoka Naz Elite	15:20.70			
36.599 (36.599)	1:52.232 (1:15.634)	3:04.538 (1:12.306)	4:16.196 (1:11.658)		
5:28.907 (1:12.711)	6:41.304 (1:12.398)	7:54.045 (1:12.741)	9:07.966 (1:13.922)		
10:22.367 (1:14.401)	11:37.550 (1:15.183)	12:54.246 (1:16.696)	14:09.889 (1:15.644)		
15:20.697 (1:10.808)					
16 Kemp, Erika	Baa	15:26.18			
36.279 (36.279)	1:51.491 (1:15.212)	3:03.458 (1:11.968)	4:15.921 (1:12.463)		
5:28.368 (1:12.447)	6:40.603 (1:12.235)	7:52.871 (1:12.268)	9:06.976 (1:14.105)		
10:21.246 (1:14.271)	11:37.172 (1:15.926)	12:55.418 (1:18.246)	14:12.751 (1:17.333)		
15:26.172 (1:13.421)					
17 Pratt, Olivia	Hansons-Broo	15:26.85			
37.013 (37.013)	1:52.430 (1:15.418)	3:04.857 (1:12.427)	4:17.653 (1:12.796)		
5:30.913 (1:13.260)	6:44.038 (1:13.126)	7:59.275 (1:15.237)	9:15.380 (1:16.105)		
10:30.302 (1:14.923)	11:45.250 (1:14.948)	12:59.751 (1:14.502)	14:14.495 (1:14.744)		
15:26.845 (1:12.351)					



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18 Jorgensen, Gwen	Nike Bowerma	15:29.53		
36.785 (36.785)	1:51.345 (1:14.560)	3:03.802 (1:12.458)	4:16.149 (1:12.347)	
5:28.650 (1:12.502)	6:41.062 (1:12.412)	7:53.788 (1:12.726)	9:07.835 (1:14.047)	
10:22.602 (1:14.767)	11:37.789 (1:15.187)	12:54.654 (1:16.866)	14:11.423 (1:16.769)	
15:29.528 (1:18.105)				
19 Conley, Kim	New Balance	15:32.51		
36.174 (36.174)	1:50.187 (1:14.014)	3:01.616 (1:11.429)	4:13.951 (1:12.336)	
5:26.261 (1:12.310)	6:38.619 (1:12.358)	7:51.176 (1:12.557)	9:08.335 (1:17.160)	
10:25.316 (1:16.981)	11:42.674 (1:17.358)	12:59.121 (1:16.448)	14:16.310 (1:17.189)	
15:32.510 (1:16.201)				
20 Pagano, Sarah	Adidas	15:33.48		
36.958 (36.958)	1:52.462 (1:15.505)	3:04.840 (1:12.378)	4:16.972 (1:12.132)	
5:30.171 (1:13.199)	6:42.889 (1:12.718)	7:58.519 (1:15.631)	9:15.125 (1:16.606)	
10:29.973 (1:14.848)	11:44.998 (1:15.025)	13:01.527 (1:16.529)	14:19.462 (1:17.935)	
15:33.479 (1:14.017)				
21 Paquette, Lauren	Hoka Naz Elite	15:33.77		
35.707 (35.707)	1:50.611 (1:14.905)	3:02.385 (1:11.774)	4:14.750 (1:12.366)	
5:27.118 (1:12.368)	6:39.657 (1:12.539)	7:52.512 (1:12.855)	9:07.611 (1:15.099)	
10:23.746 (1:16.135)	11:42.348 (1:18.602)	13:00.248 (1:17.901)	14:19.056 (1:18.808)	
15:33.761 (1:14.705)				
22 Tabb, Elaina	Baa	15:34.00		
36.822 (36.822)	1:52.693 (1:15.872)	3:05.057 (1:12.364)	4:17.192 (1:12.135)	
5:30.394 (1:13.202)	6:43.598 (1:13.205)	7:58.996 (1:15.398)	9:14.937 (1:15.941)	
10:29.735 (1:14.799)	11:44.565 (1:14.830)	13:00.165 (1:15.601)	14:18.670 (1:18.505)	
15:33.992 (1:15.322)				
23 Fraser, Vanessa	Nike Bowerma	15:44.41		
35.414 (35.414)	1:50.767 (1:15.354)	3:02.443 (1:11.676)	4:14.897 (1:12.455)	
5:27.267 (1:12.370)	6:39.390 (1:12.123)	7:50.996 (1:11.606)	9:06.725 (1:15.729)	
10:24.976 (1:18.251)	11:44.744 (1:19.768)	13:03.871 (1:19.128)	14:25.449 (1:21.578)	
15:44.405 (1:18.956)				
24 Hall, Marielle	Nike Bowerma	16:04.06		
36.834 (36.834)	1:52.195 (1:15.362)	3:04.557 (1:12.362)	4:16.818 (1:12.261)	
5:29.447 (1:12.630)	6:42.659 (1:13.212)	7:59.352 (1:16.694)	9:15.965 (1:16.613)	
10:35.873 (1:19.908)	11:55.957 (1:20.084)	13:18.118 (1:22.162)	14:41.732 (1:23.614)	
16:04.061 (1:22.329)				
-- Archer, Holly	Pacer	DNF		
34.788 (34.788)	1:49.687 (1:14.900)	3:01.057 (1:11.370)	4:13.400 (1:12.343)	
5:25.714 (1:12.315)				
-- Infeld, Emily	Nike Bowerma	DNF		
36.013 (36.013)	1:50.995 (1:14.983)	3:02.678 (1:11.683)	4:15.149 (1:12.471)	
5:27.496 (1:12.348)	6:39.140 (1:11.644)	7:50.296 (1:11.156)	9:02.319 (1:12.023)	
10:17.936 (1:15.617)	11:36.605 (1:18.669)			
-- Coburn, Emma	New Balance	DNF		
35.015 (35.015)	1:49.888 (1:14.874)	3:01.254 (1:11.366)	4:13.620 (1:12.366)	
5:25.935 (1:12.316)	6:37.416 (1:11.481)	7:48.904 (1:11.488)	9:00.555 (1:11.651)	
10:11.958 (1:11.403)	11:23.967 (1:12.009)			



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**Event 27 Men 5000 Meter Run Heat 1**

Name	Year	Team	Finals
1 Ahmed, Mohammed		Nike Bowerma	13:18.49
31.116 (31.116)	1:36.374 (1:05.258)	2:41.034 (1:04.661)	3:45.578 (1:04.544)
4:49.969 (1:04.392)	5:54.383 (1:04.414)	7:00.729 (1:06.347)	8:08.124 (1:07.395)
9:14.083 (1:05.959)	10:16.818 (1:02.736)	11:17.770 (1:00.952)	12:17.623 (59.854)
13:18.490 (1:00.867)			
2 Butchart, Andrew		New Balance	13:20.39
32.124 (32.124)	1:37.638 (1:05.515)	2:42.291 (1:04.653)	3:46.062 (1:03.771)
4:50.474 (1:04.413)	5:54.909 (1:04.435)	7:01.203 (1:06.294)	8:08.564 (1:07.362)
9:14.491 (1:05.927)	10:17.043 (1:02.552)	11:18.303 (1:01.260)	12:20.242 (1:01.940)
13:20.389 (1:00.147)			
3 Speakman, Eric		Napier Harrier Club	13:22.08
33.231 (33.231)	1:38.584 (1:05.353)	2:43.333 (1:04.749)	3:47.976 (1:04.643)
4:51.877 (1:03.902)	5:56.560 (1:04.683)	7:02.120 (1:05.560)	8:08.772 (1:06.653)
9:14.981 (1:06.209)	10:18.054 (1:03.074)	11:21.310 (1:03.256)	12:23.761 (1:02.451)
13:22.080 (58.319)			
4 Parsons, Sam		Adidas Tinman Elite	13:23.30
32.356 (32.356)	1:37.881 (1:05.526)	2:42.701 (1:04.820)	3:47.803 (1:05.103)
4:52.591 (1:04.788)	5:57.291 (1:04.701)	7:03.036 (1:05.745)	8:09.754 (1:06.718)
9:15.301 (1:05.547)	10:18.016 (1:02.716)	11:20.993 (1:02.977)	12:23.964 (1:02.972)
13:23.297 (59.333)			
5 Kerr, Josh		Brooks Beast	13:23.78
31.480 (31.480)	1:36.889 (1:05.409)	2:41.460 (1:04.572)	3:46.535 (1:05.075)
4:50.947 (1:04.412)	5:55.344 (1:04.397)	7:01.613 (1:06.270)	8:08.361 (1:06.748)
9:14.406 (1:06.045)	10:17.473 (1:03.067)	11:20.605 (1:03.132)	12:23.630 (1:03.026)
13:23.779 (1:00.149)			
6 Heath, Garrett		Brooks Beast	13:25.72
31.286 (31.286)	1:36.647 (1:05.361)	2:41.259 (1:04.613)	3:46.299 (1:05.040)
4:50.718 (1:04.419)	5:55.135 (1:04.417)	7:01.402 (1:06.268)	8:08.654 (1:07.252)
9:15.038 (1:06.384)	10:18.799 (1:03.762)	11:21.660 (1:02.861)	12:23.235 (1:01.575)
13:25.712 (1:02.477)			
7 True, Ben		unattached	13:26.88
32.566 (32.566)	1:37.968 (1:05.402)	2:41.181 (1:03.213)	3:45.812 (1:04.631)
4:50.203 (1:04.392)	5:54.646 (1:04.443)	7:00.938 (1:06.293)	8:08.308 (1:07.370)
9:14.067 (1:05.759)	10:16.601 (1:02.535)	11:18.979 (1:02.378)	12:22.921 (1:03.942)
13:26.879 (1:03.958)			
8 Fink, Willy		District Tra	13:29.58
32.787 (32.787)	1:37.012 (1:04.225)	2:41.891 (1:04.879)	3:46.980 (1:05.090)
4:51.043 (1:04.063)	5:55.582 (1:04.540)	7:01.855 (1:06.273)	8:08.807 (1:06.952)
9:15.178 (1:06.371)	10:17.764 (1:02.586)	11:22.509 (1:04.745)	12:29.913 (1:07.404)
13:29.573 (59.661)			
9 Buchanan, Reid		On Running	13:29.64
33.009 (33.009)	1:38.234 (1:05.225)	2:42.779 (1:04.545)	3:48.245 (1:05.466)
4:52.845 (1:04.600)	5:57.742 (1:04.898)	7:02.765 (1:05.023)	8:09.487 (1:06.723)
9:15.696 (1:06.209)	10:19.069 (1:03.374)	11:21.442 (1:02.373)	12:25.658 (1:04.216)
13:29.633 (1:03.976)			



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 27 Men 5000 Meter Run Heat 1**

10	Clinger, Casey	Byu	13:30.34				
	30.989 (30.989)	1:35.827 (1:04.838)	2:40.504 (1:04.677)	3:44.936 (1:04.432)			
	4:49.140 (1:04.204)	5:53.313 (1:04.174)	6:57.907 (1:04.594)	8:02.872 (1:04.966)			
	9:08.436 (1:05.564)	10:14.689 (1:06.253)	11:19.971 (1:05.282)	12:25.327 (1:05.356)			
	13:30.340 (1:05.013)						
11	Baxter, Matt	Hoka Naz Elite	13:36.12				
	31.654 (31.654)	1:37.234 (1:05.580)	2:42.365 (1:05.131)	3:47.533 (1:05.169)			
	4:52.371 (1:04.838)	5:56.788 (1:04.417)	7:02.458 (1:05.670)	8:08.484 (1:06.027)			
	9:14.831 (1:06.347)	10:18.677 (1:03.847)	11:22.336 (1:03.659)	12:28.572 (1:06.236)			
	13:36.113 (1:07.541)						
12	Beamish, Geordie	On Athletics Club	13:36.71				
	31.864 (31.864)	1:37.346 (1:05.482)	2:42.106 (1:04.760)	3:47.240 (1:05.135)			
	4:51.690 (1:04.450)	5:56.348 (1:04.658)	7:02.605 (1:06.257)	8:09.357 (1:06.753)			
	9:16.013 (1:06.656)	10:21.435 (1:05.422)	11:28.733 (1:07.299)	12:36.170 (1:07.437)			
	13:36.701 (1:00.531)						
13	Ribich, David	Brooks Beast	13:37.31				
	30.737 (30.737)	1:36.055 (1:05.318)	2:40.772 (1:04.717)	3:45.341 (1:04.569)			
	4:49.704 (1:04.364)	5:54.165 (1:04.461)	7:00.484 (1:06.319)	8:07.908 (1:07.424)			
	9:14.615 (1:06.708)	10:18.940 (1:04.325)	11:24.772 (1:05.832)	12:33.892 (1:09.120)			
	13:37.302 (1:03.411)						
14	Anderson, Tom	Club Northwest	13:38.38				
	32.528 (32.528)	1:38.094 (1:05.566)	2:42.868 (1:04.774)	3:47.657 (1:04.790)			
	4:52.164 (1:04.507)	5:57.037 (1:04.873)	7:02.813 (1:05.776)	8:09.547 (1:06.735)			
	9:16.228 (1:06.681)	10:20.812 (1:04.584)	11:25.871 (1:05.059)	12:32.495 (1:06.624)			
	13:38.379 (1:05.885)						
15	Oakley, Julian	New Zealand	13:38.40				
	32.684 (32.684)	1:38.468 (1:05.784)	2:43.024 (1:04.556)	3:48.364 (1:05.340)			
	4:52.729 (1:04.365)	5:57.512 (1:04.784)	7:03.376 (1:05.864)	8:09.997 (1:06.622)			
	9:16.477 (1:06.480)	10:22.261 (1:05.784)	11:28.829 (1:06.569)	12:36.410 (1:07.581)			
	13:38.398 (1:01.988)						
16	Esparza, Jose	Gondi	13:48.70				
	32.869 (32.869)	1:37.465 (1:04.596)	2:42.030 (1:04.565)	3:46.843 (1:04.814)			
	4:51.181 (1:04.338)	5:55.814 (1:04.633)	7:02.078 (1:06.264)	8:09.075 (1:06.998)			
	9:16.074 (1:06.999)	10:22.038 (1:05.964)	11:28.926 (1:06.889)	12:37.944 (1:09.018)			
	13:48.696 (1:10.752)						
17	Gidabuday, Sydney	Adidas Tinman Elite	13:50.31				
	33.026 (33.026)	1:38.383 (1:05.357)	2:43.192 (1:04.809)	3:47.022 (1:03.831)			
	4:51.415 (1:04.393)	5:56.075 (1:04.660)	7:02.378 (1:06.303)	8:09.203 (1:06.826)			
	9:15.448 (1:06.245)	10:21.601 (1:06.153)	11:30.596 (1:08.995)	12:42.488 (1:11.893)			
	13:50.304 (1:07.816)						
18	Crawford, Graham	Reebok Boston TC	14:00.04				
	32.199 (32.199)	1:37.727 (1:05.529)	2:42.541 (1:04.814)	3:47.404 (1:04.864)			
	4:51.997 (1:04.593)	5:56.869 (1:04.872)	7:03.159 (1:06.290)	8:10.585 (1:07.426)			
	9:19.383 (1:08.799)	10:29.931 (1:10.548)	11:40.196 (1:10.265)	12:50.501 (1:10.306)			
	14:00.032 (1:09.531)						
--	Garnica, Brandon	Byu	DNF				
	31.611 (31.611)	1:37.109 (1:05.498)	2:41.681 (1:04.572)	3:46.756 (1:05.076)			
	4:51.388 (1:04.632)	5:56.007 (1:04.619)	7:02.154 (1:06.147)	8:08.975 (1:06.822)			
	9:15.792 (1:06.817)						



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 27 Men 5000 Meter Run Heat 1**

-- Avila, Eric Pacer DNF  
30.190 (30.190)

**Event 28 Women 5000 Meter Run Heat 2**

Name	Year	Team	Finals
1 Barnett, Grace		Mammoth Track Club	15:12.17
36.114 (36.114)	1:50.486 (1:14.372)	3:03.433 (1:12.947)	4:17.200 (1:13.767)
5:31.053 (1:13.854)	6:44.738 (1:13.685)	7:57.750 (1:13.013)	9:10.070 (1:12.320)
10:25.710 (1:15.641)	11:41.249 (1:15.539)	12:54.371 (1:13.122)	14:05.608 (1:11.237)
15:12.167 (1:06.560)			
2 Lancaster, Sarah		Paras360	15:13.56
36.607 (36.607)	1:51.362 (1:14.756)	3:04.355 (1:12.993)	4:18.260 (1:13.905)
5:31.619 (1:13.359)	6:45.145 (1:13.526)	7:59.128 (1:13.983)	9:12.057 (1:12.930)
10:25.927 (1:13.870)	11:41.505 (1:15.578)	12:54.811 (1:13.306)	14:05.887 (1:11.077)
15:13.551 (1:07.664)			
3 Paladino, Millie		Team New Bal	15:14.41
36.571 (36.571)	1:50.926 (1:14.356)	3:03.786 (1:12.860)	4:17.480 (1:13.694)
5:31.237 (1:13.758)	6:45.053 (1:13.816)	7:59.466 (1:14.413)	9:12.402 (1:12.937)
10:26.327 (1:13.925)	11:41.406 (1:15.079)	12:55.460 (1:14.055)	14:07.387 (1:11.927)
15:14.407 (1:07.020)			
4 Wayment, Courtney		Byu	15:17.58
36.706 (36.706)	1:51.075 (1:14.370)	3:03.327 (1:12.252)	4:16.951 (1:13.624)
5:30.809 (1:13.859)	6:44.401 (1:13.592)	7:57.515 (1:13.115)	9:09.863 (1:12.348)
10:25.520 (1:15.658)	11:41.102 (1:15.582)	12:54.589 (1:13.487)	14:06.104 (1:11.516)
15:17.579 (1:11.475)			
5 Ostrander, Allie		Brooks Beast	15:18.45
36.448 (36.448)	1:50.247 (1:13.800)	3:03.169 (1:12.922)	4:16.987 (1:13.818)
5:30.885 (1:13.899)	6:44.485 (1:13.600)	7:58.043 (1:13.559)	9:12.742 (1:14.699)
10:28.203 (1:15.461)	11:43.923 (1:15.721)	12:57.624 (1:13.701)	14:10.192 (1:12.568)
15:18.449 (1:08.257)			
6 Verdon, Carrie		Team Boulder	15:18.56
38.048 (38.048)	1:51.507 (1:13.460)	3:04.444 (1:12.937)	4:18.016 (1:13.572)
5:31.964 (1:13.949)	6:45.257 (1:13.293)	7:59.448 (1:14.191)	9:13.717 (1:14.269)
10:28.620 (1:14.903)	11:43.787 (1:15.168)	12:58.462 (1:14.675)	14:11.805 (1:13.343)
15:18.559 (1:06.754)			
7 Alm, Maddie		Team Boss	15:19.03
38.028 (38.028)	1:52.405 (1:14.378)	3:05.070 (1:12.665)	4:19.076 (1:14.006)
5:32.730 (1:13.655)	6:46.532 (1:13.802)	8:00.210 (1:13.679)	9:13.942 (1:13.732)
10:28.431 (1:14.489)	11:43.424 (1:14.994)	12:57.776 (1:14.352)	14:10.447 (1:12.672)
15:19.024 (1:08.577)			
8 George, Sammy		Tracksmith	15:19.66
37.088 (37.088)	1:51.544 (1:14.457)	3:04.651 (1:13.107)	4:18.398 (1:13.747)
5:32.555 (1:14.158)	6:45.988 (1:13.433)	7:59.987 (1:13.999)	9:13.806 (1:13.819)
10:28.316 (1:14.510)	11:43.141 (1:14.826)	12:56.945 (1:13.804)	14:10.695 (1:13.751)
15:19.652 (1:08.957)			



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**...Event 28 Women 5000 Meter Run Heat 2**

9	Durgin, Emily	Under Armour	15:24.19			
	35.985 (35.985)	1:49.946 (1:13.962)	3:02.936 (1:12.990)	4:16.823 (1:13.887)		
	5:30.679 (1:13.857)	6:44.317 (1:13.638)	7:57.258 (1:12.942)	9:09.752 (1:12.494)		
	10:25.460 (1:15.709)	11:41.034 (1:15.574)	12:55.258 (1:14.225)	14:09.153 (1:13.895)		
	15:24.183 (1:15.030)					
10	Murphy, Grayson	Saucony	15:25.84			
	36.354 (36.354)	1:51.153 (1:14.800)	3:04.076 (1:12.923)	4:18.170 (1:14.094)		
	5:32.125 (1:13.956)	6:45.389 (1:13.264)	7:59.727 (1:14.338)	9:13.620 (1:13.893)		
	10:28.082 (1:14.462)	11:43.293 (1:15.212)	12:58.079 (1:14.786)	14:12.628 (1:14.550)		
	15:25.837 (1:13.209)					
11	Montoya, Maggie	Roots Runnin	15:31.86			
	36.827 (36.827)	1:51.297 (1:14.471)	3:03.976 (1:12.679)	4:17.728 (1:13.752)		
	5:31.489 (1:13.761)	6:44.928 (1:13.439)	7:58.709 (1:13.781)	9:14.109 (1:15.400)		
	10:30.719 (1:16.611)	11:48.806 (1:18.087)	13:07.083 (1:18.277)	14:22.927 (1:15.844)		
	15:31.858 (1:08.931)					
12	Jennings, Gabrielle	Furman University	15:33.59			
	37.719 (37.719)	1:52.053 (1:14.335)	3:04.958 (1:12.905)	4:18.795 (1:13.837)		
	5:32.475 (1:13.681)	6:46.321 (1:13.846)	8:00.819 (1:14.498)	9:16.457 (1:15.639)		
	10:32.901 (1:16.444)	11:48.923 (1:16.022)	13:05.313 (1:16.390)	14:21.764 (1:16.451)		
	15:33.585 (1:11.821)					
13	Myler, Makenna	Valor Track Club	15:34.36			
	37.530 (37.530)	1:51.736 (1:14.207)	3:04.213 (1:12.477)	4:17.937 (1:13.724)		
	5:31.734 (1:13.797)	6:45.419 (1:13.685)	7:59.283 (1:13.864)	9:13.147 (1:13.865)		
	10:27.764 (1:14.617)	11:43.741 (1:15.978)	12:59.171 (1:15.430)	14:19.305 (1:20.134)		
	15:34.360 (1:15.055)					
14	Randall, Jennifer	RunHub Northwest	15:34.64			
	37.288 (37.288)	1:52.198 (1:14.911)	3:04.710 (1:12.512)	4:18.697 (1:13.987)		
	5:32.961 (1:14.265)	6:47.165 (1:14.204)	8:03.612 (1:16.447)	9:21.460 (1:17.849)		
	10:39.252 (1:17.792)	11:57.235 (1:17.983)	13:13.587 (1:16.352)	14:26.443 (1:12.856)		
	15:34.631 (1:08.188)					
15	Ryan, Lauren	unattached	15:36.18			
	35.892 (35.892)	1:49.599 (1:13.707)	3:02.573 (1:12.974)	4:16.584 (1:14.012)		
	5:30.443 (1:13.859)	6:44.216 (1:13.773)	7:58.353 (1:14.138)	9:13.487 (1:15.134)		
	10:29.991 (1:16.504)	11:49.035 (1:19.045)	13:06.369 (1:17.334)	14:24.343 (1:17.974)		
	15:36.178 (1:11.835)					
16	Giordano, Dana	Baa	15:36.25			
	36.245 (36.245)	1:50.724 (1:14.480)	3:03.606 (1:12.882)	4:17.400 (1:13.794)		
	5:31.221 (1:13.822)	6:44.567 (1:13.346)	7:58.937 (1:14.370)	9:12.886 (1:13.949)		
	10:27.984 (1:15.098)	11:43.578 (1:15.595)	13:00.468 (1:16.890)	14:20.486 (1:20.018)		
	15:36.242 (1:15.757)					
17	Davis, Amy	Hansons-Broo	15:48.86			
	36.867 (36.867)	1:51.525 (1:14.659)	3:04.548 (1:13.023)	4:18.502 (1:13.954)		
	5:32.293 (1:13.792)	6:45.786 (1:13.493)	8:00.305 (1:14.520)	9:15.300 (1:14.995)		
	10:32.336 (1:17.036)	11:50.683 (1:18.347)	13:10.783 (1:20.100)	14:30.933 (1:20.150)		
	15:48.854 (1:17.922)					
18	Sandoval-Guzman, Jennife	Azusa Pacifi	15:58.61			
	37.903 (37.903)	1:52.983 (1:15.080)	3:05.869 (1:12.887)	4:20.122 (1:14.253)		
	5:35.521 (1:15.399)	6:51.762 (1:16.242)	8:09.590 (1:17.828)	9:27.486 (1:17.896)		
	10:45.004 (1:17.519)	12:06.023 (1:21.019)	13:27.347 (1:21.325)	14:47.425 (1:20.078)		
	15:58.610 (1:11.185)					



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 28 Women 5000 Meter Run Heat 2**

19 Sutherland, Sara	Team Boss	16:06.46			
37.469 (37.469)	1:52.522 (1:15.054)	3:05.322 (1:12.800)	4:19.402 (1:14.080)		
5:33.142 (1:13.740)	6:46.809 (1:13.668)	8:01.226 (1:14.417)	9:17.813 (1:16.587)		
10:36.961 (1:19.149)	11:58.051 (1:21.090)	13:21.142 (1:23.091)	14:45.802 (1:24.660)		
16:06.456 (1:20.655)					
20 Morris, Calene	Janes Elite	16:41.39			
38.154 (38.154)	1:52.968 (1:14.814)	3:06.307 (1:13.340)	4:20.733 (1:14.426)		
5:39.634 (1:18.901)	7:01.230 (1:21.596)	8:24.197 (1:22.967)	9:47.339 (1:23.142)		
11:10.489 (1:23.150)	12:34.857 (1:24.368)	13:59.138 (1:24.281)	15:22.644 (1:23.506)		
16:41.381 (1:18.738)					
21 Maton, Ashley	Roots Runnin	16:49.34			
37.826 (37.826)	1:52.668 (1:14.843)	3:05.579 (1:12.911)	4:19.707 (1:14.128)		
5:34.205 (1:14.498)	6:54.589 (1:20.384)	8:18.911 (1:24.323)	9:45.049 (1:26.138)		
11:10.653 (1:25.604)	12:34.586 (1:23.933)	13:58.481 (1:23.896)	15:25.118 (1:26.637)		
16:49.331 (1:24.213)					
-- Granados, Ayla	Hoka One One	DNF			
37.264 (37.264)	1:51.916 (1:14.653)	3:04.849 (1:12.933)	4:18.951 (1:14.102)		
5:33.358 (1:14.407)	6:47.544 (1:14.186)	8:05.691 (1:18.147)	9:25.714 (1:20.023)		
10:45.539 (1:19.826)					
-- Buchalski, Allie	Pacer	DNF			

**Event 29 Men 5000 Meter Run Heat 2**

Name	Year Team	Finals			
1 Martinez, Fernando	White Rock NM	13:35.33			
32.194 (32.194)	1:36.852 (1:04.658)	2:41.305 (1:04.454)	3:45.605 (1:04.300)		
4:50.406 (1:04.802)	5:55.472 (1:05.066)	7:00.806 (1:05.334)	8:06.809 (1:06.003)		
9:13.470 (1:06.662)	10:20.759 (1:07.289)	11:27.196 (1:06.438)	12:32.815 (1:05.619)		
13:35.326 (1:02.511)					
2 Blanks, Graham	unattached	13:35.45			
32.145 (32.145)	1:38.134 (1:05.989)	2:42.242 (1:04.109)	3:45.834 (1:03.592)		
4:50.616 (1:04.782)	5:55.926 (1:05.311)	7:01.403 (1:05.477)	8:07.042 (1:05.640)		
9:13.672 (1:06.630)	10:20.927 (1:07.255)	11:27.412 (1:06.486)	12:32.595 (1:05.183)		
13:35.447 (1:02.852)					
3 Mahoney, Travis	Hoka One One	13:42.23			
33.021 (33.021)	1:39.579 (1:06.558)	2:44.668 (1:05.089)	3:49.999 (1:05.332)		
4:56.172 (1:06.173)	6:01.573 (1:05.401)	7:07.261 (1:05.688)	8:13.957 (1:06.696)		
9:22.232 (1:08.276)	10:29.984 (1:07.752)	11:36.411 (1:06.427)	12:41.608 (1:05.197)		
13:42.227 (1:00.620)					
4 Iverson, Acer	unattached	13:42.88			
32.761 (32.761)	1:39.171 (1:06.410)	2:44.228 (1:05.058)	3:48.797 (1:04.569)		
4:54.042 (1:05.245)	5:59.185 (1:05.143)	7:05.632 (1:06.448)	8:12.443 (1:06.811)		
9:19.440 (1:06.997)	10:28.145 (1:08.706)	11:35.228 (1:07.083)	12:41.859 (1:06.631)		
13:42.875 (1:01.016)					
5 Bix, Carson	Adams State	13:46.01			
32.524 (32.524)	1:38.843 (1:06.319)	2:43.483 (1:04.640)	3:48.630 (1:05.148)		
4:53.692 (1:05.062)	5:58.952 (1:05.260)	7:05.378 (1:06.427)	8:12.157 (1:06.779)		
9:19.200 (1:07.043)	10:28.078 (1:08.878)	11:35.708 (1:07.630)	12:42.313 (1:06.605)		
13:46.009 (1:03.696)					



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**Track Meet - 5/14/2021 to 5/15/2021**

**Sound Running  
Results**

**....Event 29 Men 5000 Meter Run Heat 2**

6	Stack, Taylor	Western Colo	13:48.52				
	32.312 (32.312)	1:38.251 (1:05.939)	2:43.623 (1:05.372)	3:49.294 (1:05.672)			
	4:55.328 (1:06.034)	6:02.146 (1:06.818)	7:09.640 (1:07.494)	8:16.535 (1:06.895)			
	9:23.156 (1:06.621)	10:29.710 (1:06.555)	11:36.148 (1:06.438)	12:41.982 (1:05.834)			
	13:48.519 (1:06.538)						
7	Mann, Jordan	NB Ocean State AC	13:56.65				
	32.880 (32.880)	1:39.340 (1:06.460)	2:44.442 (1:05.103)	3:49.741 (1:05.299)			
	4:55.808 (1:06.068)	6:01.270 (1:05.462)	7:06.903 (1:05.633)	8:13.301 (1:06.398)			
	9:21.978 (1:08.678)	10:31.115 (1:09.137)	11:40.275 (1:09.161)	12:49.011 (1:08.736)			
	13:56.649 (1:07.638)						
8	Cuevas Avalos, Orlando	Speed Runnin	13:58.66				
	31.833 (31.833)	1:37.479 (1:05.646)	2:42.781 (1:05.302)	3:49.128 (1:06.348)			
	4:54.815 (1:05.687)	6:01.670 (1:06.855)	7:09.046 (1:07.376)	8:17.390 (1:08.344)			
	9:26.850 (1:09.461)	10:37.043 (1:10.193)	11:47.390 (1:10.348)	12:55.993 (1:08.603)			
	13:58.660 (1:02.668)						
9	Guijarro, Bryan	unattached	13:59.39				
	32.676 (32.676)	1:39.039 (1:06.363)	2:44.023 (1:04.985)	3:49.504 (1:05.481)			
	4:55.629 (1:06.125)	6:02.210 (1:06.581)	7:09.923 (1:07.713)	8:16.852 (1:06.930)			
	9:25.430 (1:08.578)	10:36.335 (1:10.905)	11:46.653 (1:10.319)	12:58.248 (1:11.595)			
	13:59.384 (1:01.137)						
10	Heslington, Jacob	Rep	13:59.71				
	31.916 (31.916)	1:37.957 (1:06.041)	2:43.350 (1:05.393)	3:49.166 (1:05.817)			
	4:55.054 (1:05.888)	6:00.072 (1:05.018)	7:06.400 (1:06.329)	8:12.910 (1:06.510)			
	9:21.727 (1:08.817)	10:33.889 (1:12.162)	11:47.027 (1:13.139)	12:57.694 (1:10.667)			
	13:59.702 (1:02.009)						
11	Sweeney, Charlie	Western Colo	14:00.52				
	32.438 (32.438)	1:38.612 (1:06.174)	2:43.819 (1:05.207)	3:49.364 (1:05.546)			
	4:55.251 (1:05.887)	6:02.021 (1:06.770)	7:09.502 (1:07.481)	8:17.338 (1:07.836)			
	9:26.222 (1:08.884)	10:35.940 (1:09.719)	11:45.953 (1:10.013)	12:55.024 (1:09.071)			
	14:00.511 (1:05.487)						
12	Huizar, Mark	Hoka Aggies RC	14:01.65				
	33.259 (33.259)	1:39.678 (1:06.420)	2:44.884 (1:05.206)	3:50.230 (1:05.346)			
	4:56.502 (1:06.273)	6:03.330 (1:06.828)	7:11.418 (1:08.088)	8:20.337 (1:08.919)			
	9:30.067 (1:09.731)	10:40.036 (1:09.969)	11:49.624 (1:09.589)	12:58.462 (1:08.838)			
	14:01.643 (1:03.181)						
13	Olley, Chris	Peninsula Di	14:09.30				
	31.198 (31.198)	1:37.126 (1:05.928)	2:41.981 (1:04.856)	3:48.932 (1:06.951)			
	4:55.778 (1:06.846)	6:02.886 (1:07.108)	7:11.156 (1:08.270)	8:20.112 (1:08.957)			
	9:29.817 (1:09.705)	10:39.773 (1:09.956)	11:49.953 (1:10.180)	13:00.438 (1:10.485)			
	14:09.294 (1:08.856)						
14	Dalquist, Austen	Roots Runnin	14:34.84				
	32.559 (32.559)	1:38.422 (1:05.863)	2:43.137 (1:04.716)	3:48.677 (1:05.540)			
	4:55.082 (1:06.405)	6:01.879 (1:06.797)	7:09.813 (1:07.934)	8:20.822 (1:11.009)			
	9:35.532 (1:14.710)	10:52.935 (1:17.404)	12:08.555 (1:15.620)	13:24.253 (1:15.698)			
	14:34.837 (1:10.584)						
--	Martinez, Victor	unattached	DNF				
	32.174 (32.174)	1:37.765 (1:05.591)	2:42.949 (1:05.185)	3:48.969 (1:06.020)			
	4:55.473 (1:06.504)	6:02.360 (1:06.887)	7:10.626 (1:08.267)	8:20.003 (1:09.377)			



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Track Meet - 5/14/2021 to 5/15/2021

Sound Running  
Results

....Event 29 Men 5000 Meter Run Heat 2

-- Perrin, Zach	Asics	DNF			
33.052 (33.052)	1:39.838 (1:06.786)	2:45.076 (1:05.238)	3:50.379 (1:05.303)		
4:56.585 (1:06.207)	6:03.868 (1:07.283)	7:14.616 (1:10.748)			
-- Hernandez, Abraham	White Rock NM	DNF			
32.009 (32.009)	1:36.646 (1:04.637)	2:41.118 (1:04.473)	3:45.426 (1:04.308)		
4:50.236 (1:04.811)	5:55.706 (1:05.470)	7:01.235 (1:05.529)	8:11.088 (1:09.854)		
-- Gay, John	Pacer	DNF			
30.954 (30.954)	1:36.408 (1:05.455)	2:40.869 (1:04.461)	3:45.238 (1:04.369)		
4:50.013 (1:04.775)	5:55.153 (1:05.141)	7:00.429 (1:05.276)	8:06.120 (1:05.691)		



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