

Metamora 3.30.2011

4 x 800	Split	Split	Total		4 x 100	Split	
Reid	1:12	1:22	2:34		Nick		
Andrew	1:04	1:17	2:21		Jared		
Bobby	1:16	1:27	2:43		Braxton		
Matt	1:22	1:23	2:45		Shamarkus		
Total			10:24.7		Total	45.04	
3200m	800m	1600m	2400m	3200m	Total		
Trevor	2:41	3:01	3:12	3:15	12:09		
Luke	2:41	2:46	2:58	2:52	11:17		
Jake	2:45	3:15	3:32	3:19	12:51		
Jason	2:48	3:16	3:36	3:09	12:49		
800m	400m	400m	Total		4 x 200	Split	
Caleb	1:05	1:12	2:17		Nick		
Roman	1:02	1:05	2:07		Jared		
Trevor			2:34		Braxton		
Jack			2:47		Shamarkus		
Wes			3:02		Total	1:36	
Emil	1:05	1:10	2:15				
Baylor	1:05	1:32	2:37				
Peyton	1:00	1:10	2:10				
1600m	400m	800m	1200m	1600m	Total		
Tyler	1:10	1:20	1:18	1:13	5:01		
Austin	1:16	1:27	1:31	1:24	5:38		
Brandon	1:15	1:22	1:23	1:19	5:19		
Andrew	1:19	1:27	1:29	1:18	5:33		
Matt	1:25	1:32	1:35	1:29	6:01		
4 x 400	Split		4 x 400	Split		4 x 100	Split
Jared	57.7		Brandon	56.9		Mickey	
Peyton	57.1		Chase	57.1		Kyle	
Roman	53.6		Darrion	62.4		John	
Robert	58.9		Tyler	58.5		Nick	
Total	3:47.3		Total	3:55.1		Total	51.38