Scrimmage Sat. Aug. 28th

Results 2 mile Time Trial

Sparta Elroy Bike Trial Norwalk Park

Athlete Time HR Predicted 4k Finish

**Allyson 12:35 194** 15:44

**Hailey 13:18 196** 16:37

**Becca 13:54 189** 17:22

*Michaela 14:07*

**Kelsey 14:13 203** 17:46

**Rachel 14:28 176\*** 18:05

*Briana 15:13*

*Taylor 15:15*

**Sammi 15:19 198** 19:07

*Morgan 15:25*

**Abby 15:43 164\*** 19:38

*TY 16:05*

**Chelsea 16:44 192** 20:55

**Sadie 17:15 199** 21:32

**Jade 17:27 196** 21:29

**Paige 17:33 172** 21:56

**Jordyn 21:27 192** 26:49

**Discussion……**

**\*DID WE GET THESE RIGHT AWAY? OR NATURALLY LOW HEART RATES?**

**Team Scores**

**Westby 17**

**Brookwood 41**

 **Brookwood was 5th in D3 sectional last season. Brookwood’s Taylor Schmitz was 6th overall at sectional and a state qualifier in 2011.**

 **Flat fast surface--does not help us predict times in upcoming meets, but does help establish a baseline for future workouts.**

 **Make sure establish warm up and post race routines. Becca!!!!!**

**Great effort. 1st step in a long journey.**

Athlete Time HR Predicted 5K Time

**Tanner 11:38 ? 18:00**

**Audun 14:02 ? 21:42**

**Lucas B 14:27 ? 22:37**