

2022 Scrimmage

Past Performances

Athlete	2019	2020	2021	2022 (H.R.)
Devin	----	----	12:44	12:36 (38)
David	----	----	14:00	13:16 (40)
Gavin	----	----	14:30	12:41 (37)
Phillip	----	----	14:32	15:35 (35)
Kalan	—	—	—	---
Zeke	—	—	—	15:24 (30)
Beckett	—	—	—	12:38 (32)
Levi	—	—	—	---
Reid	—	—	—	16:57 (34)
Joel	—	—	—	---
Audra	14:32	14:25	14:35	14:32 (38)
Denali	14:31	14:46	14:35	14:19 (39)
Meghan	13:21	13:52	14:48	14:29 (37)
Aubrey	15:09	15:15	15:20	15:44 (35)
Montana	15:28	16:25	16:31	16:21 (37)
Natalie M	----	----	18:12	15:43 (34)
Grace	----	----	18:12	17:21 (42)
Jade	22:12	22:44		21:41 (42)
Rhianna	----	-----	22:51	---
Lizzy	—	---	---	14:11 (35)
Ada	—	—	—	

Start	Group 1: Jade, Rhianna, Ada,	22 minutes
-2:00	Group 2: Montana, Grace, Natalie, Aubrey, Reid	15-17 minutes
-4:00	Group 3: Denali, Meghan, Audra, Lizzy, Zeke, Phillip	13-15 minutes
-5:00	Group 4: Levi, Gavin, David, Beckett, Devin	12:13 minutes

- Purpose of scrimmage is to host another team and create a run with more competitive spirit at a location which offers a soft forgiving surface with no fear of traffic.
- Our team goals would be to collect a 2 mile time (which we can compare to a two mile time trial HOKA Postal Nationals will have three weeks from today) and collect heart rate data.
- Focus points: control your emotions and pace early in race especially those in later waves. Value running negative splits by controlling yourself early, but building over the distance of the race. There are no hills to break up your cadence so it is much easier to run in rhythm with others and settle into a pace.
- Bus departs at 8:00 AM.
- We will meet the bus in the Middle School parking lot-you can drive yourself, but I would need a note from your parents.
- You do not need a uniform. You could use racing spikes, but the course crosses a road and so spikes are not ideal.

Your goal for Saturday's scrimmage:

Race plan:

Ques to focus on during the race: