Tuesday, 8/14/08

Warm and humid

 **Resting Heart Rate 1 mile split Heart Rate**

**Kade Sherry (12) 52 6:04 128**

Brendan Buros (12) 64 7:24 160

Griffin Grass (12) 80 7:05 164

Derek Helgerson (12) 96 7:05 156

Haakon Mathison (12)

Luke Bjorklund (11) 68 7:05 180

Cooper Lipski (11) 80 7:05 168

Manuel Chavez (11)

Conor Vatland (11) 88 7:05 184

**Levi Hamilton (10) 68 8:16 140**

**Lars Gretebeck (10) 80 6:47 138**

**Bailey Olson (10) 68 8:05 120**

Jonah Jepsen (10) 76 9:08 200

Eli Larrington (9) 64 7:30 180

Dustin Kenyon (9) 100 7:21 200

Taylor Thunstedt (9)

**Jhett Sherry (9) 56 6:38 146**

Erinn Sebion (12) 56 7:30-40 152

Justice Franks (12) 84 7:30-40 176

Sierra Cade (12) 72 7:30-40 176

Kelsie Helgerson (12) 76 7:30-40 172

Sarah Weninger (12)

**Liza Jackson (11) 60 7:30-40 136**

Abbie Larrington (11) 60 7:30-40 200

Melody Berg (11) 68 9:50 ?

Ellen Johnson (10) 72 7:30-40 168

Grace Hebel (10) 64 7:30-40 164

Annika Seland (10) 60 9:50 220+

Faith Welton (10)

Anna Dunnun (9)