

	Interval 1	Interval 2	Interval 3		Interval 4		Interval 5			Interval 6		Interval 7		Interval 8	Interval 9
	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15
	0.22-Mile	0.44-Mile	0.67-Mile	0.89-Mile	1.11-Mile	1.33-Mile	1.56-Mile	1.78-Mile	2.00-Mile	2.22-Mile	2.44-Mile	2.67-Mile	2.89-Mile	3.11-Mile	3.33-Mile
Chris	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:08	01:08	01:08	02:15	01:08	02:15	01:14	02:28	03:41	01:08	02:15	01:08	02:15	01:08	01:08
Matthew	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:21	01:21	01:21	02:43	01:21	02:43	01:29	02:57	04:26	01:21	02:43	01:21	02:43	01:21	01:21
Bryson	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:15	01:15	01:15	02:31	01:15	02:31	01:22	02:44	04:07	01:15	02:31	01:15	02:31	01:15	01:15
Peter	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:25	01:25	01:25	02:50	01:25	02:50	01:33	03:05	04:38	01:25	02:50	01:25	02:50	01:25	01:25
Ben	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:23	01:23	01:23	02:46	01:23	02:46	01:31	03:01	04:32	01:23	02:46	01:23	02:46	01:23	01:23
Kason	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:23	01:23	01:23	02:47	01:23	02:47	01:31	03:01	04:32	01:23	02:47	01:23	02:47	01:23	01:23
Tom	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:33	01:33	01:33	03:06	01:33	03:06	01:41	03:22	05:03	01:33	03:06	01:33	03:06	01:33	01:33
Isaiah	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:29	01:29	01:29	02:58	01:29	02:58	01:37	03:14	04:51	01:29	02:58	01:29	02:58	01:29	01:29
Phin	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:33	01:33	01:33	03:06	01:33	03:06	01:41	03:22	05:03	01:33	03:06	01:33	03:06	01:33	01:33
Emily	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:35	01:35	01:35	03:10	01:35	03:10	01:43	03:27	05:10	01:35	03:10	01:35	03:10	01:35	01:35

	Interval 1	Interval 2	Interval 3		Interval 4		Interval 5			Interval 6		Interval 7		Interval 8	Interval 9
	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15
	0.22-Mile	0.44-Mile	0.67-Mile	0.89-Mile	1.11-Mile	1.33-Mile	1.56-Mile	1.78-Mile	2.00-Mile	2.22-Mile	2.44-Mile	2.67-Mile	2.89-Mile	3.11-Mile	3.33-Mile
Maia	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:32	01:32	01:32	03:04	01:32	03:04	01:40	03:20	05:01	01:32	03:04	01:32	03:04	01:32	01:32
Adam	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:37	01:37	01:37	03:14	01:37	03:14	01:45	03:31	05:16	01:37	03:14	01:37	03:14	01:37	01:37
Landon	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:41	01:41	01:41	03:21	01:41	03:21	01:50	03:39	05:29	01:41	03:21	01:41	03:21	01:41	01:41
Alayna	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:44	01:44	01:44	03:27	01:44	03:27	01:53	03:45	05:38	01:44	03:27	01:44	03:27	01:44	01:44
Sophia	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:46	01:46	01:46	03:33	01:46	03:33	01:56	03:52	05:48	01:46	03:33	01:46	03:33	01:46	01:46
Kayleah	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:44	01:44	01:44	03:27	01:44	03:27	01:52	03:44	05:35	01:44	03:27	01:44	03:27	01:44	01:44
Isabel	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:48	01:48	01:48	03:37	01:48	03:37	01:56	03:52	05:47	01:48	03:37	01:48	03:37	01:48	01:48
Luke	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:52	01:52	01:52	03:45	01:52	03:45	02:02	04:04	06:07	01:52	03:45	01:52	03:45	01:52	01:52
Owen	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	02:03	02:03	02:03	04:05	02:03	04:05	02:14	04:28	06:41	02:03	04:05	02:03	04:05	02:03	02:03
Hope	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	01:48	01:48	01:48	03:37	01:48	03:37	01:58	03:56	05:54	01:48	03:37	01:48	03:37	01:48	01:48
Izzie	Short	Short	Short	Short	Short	Short	Long	Long	Long	Short	Short	Short	Short	Short	Short
	02:13	02:13	02:13	04:25	02:13	04:25	02:23	04:46	07:09	02:13	04:25	02:13	04:25	02:13	02:13