

	Interval 1			Interval 2			Interval 3			Interval 4		
	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12
	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
Chris	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:10	02:19	03:29	01:10	02:19	03:29	01:10	02:19	03:29	01:10	02:19	03:29
Matthew	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:22	02:44	04:07	01:22	02:44	04:07	01:22	02:44	04:07	01:22	02:44	04:07
Bryson	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:20	02:40	04:00	01:20	02:40	04:00	01:20	02:40	04:00	01:20	02:40	04:00
Peter	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:32	03:03	04:35	01:32	03:03	04:35	01:32	03:03	04:35	01:32	03:03	04:35
Ben	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:29	02:57	04:26	01:29	02:57	04:26	01:29	02:57	04:26	01:29	02:57	04:26
Kason	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:31	03:01	04:32	01:31	03:01	04:32	01:31	03:01	04:32	01:31	03:01	04:32
Tom	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:41	03:22	05:03	01:41	03:22	05:03	01:41	03:22	05:03	01:41	03:22	05:03
Isaiah	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:32	03:03	04:35	01:32	03:03	04:35	01:32	03:03	04:35	01:32	03:03	04:35
Phin	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:33	03:05	04:38	01:33	03:05	04:38	01:33	03:05	04:38	01:33	03:05	04:38
Emily	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:39	03:18	04:57	01:39	03:18	04:57	01:39	03:18	04:57	01:39	03:18	04:57
Maia	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:36	03:12	04:48	01:36	03:12	04:48	01:36	03:12	04:48	01:36	03:12	04:48
Adam	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:39	03:18	04:57	01:39	03:18	04:57	01:39	03:18	04:57	01:39	03:18	04:57
Landon	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:43	03:27	05:10	01:43	03:27	05:10	01:43	03:27	05:10	01:43	03:27	05:10
Alayna	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:47	03:35	05:22	01:47	03:35	05:22	01:47	03:35	05:22	01:47	03:35	05:22
Sophia	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:55	03:50	05:45	01:55	03:50	05:45	01:55	03:50	05:45	01:55	03:50	05:45
Kayleah	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:52	03:44	05:35	01:52	03:44	05:35	01:52	03:44	05:35	01:52	03:44	05:35
Isabel	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:56	03:52	05:47	01:56	03:52	05:47	01:56	03:52	05:47	01:56	03:52	05:47
Luke	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	02:00	04:00	06:00	02:00	04:00	06:00	02:00	04:00	06:00	02:00	04:00	06:00
Owen	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	02:14	04:28	06:41	02:14	04:28	06:41	02:14	04:28	06:41	02:14	04:28	06:41
Hope	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	01:58	03:56	05:54	01:58	03:56	05:54	01:58	03:56	05:54	01:58	03:56	05:54
Izzie	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long	Long
	02:23	04:46	07:09	02:23	04:46	07:09	02:23	04:46	07:09	02:23	04:46	07:09