

KNIGHTHAWKS CROSS-COUNTRY

(Elapsed Dist.)	356 M	712 M	1068	1433	1780 M	2136 M	2492 M	2848 M	3204 M	3560 M	3916 M	4272 M	4474 M	4671	4871	5071
(Lap Dist.)	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M (SI)	200 M (SI)	200 M (SI)	200 M (SI)	200 M (SI)
	712 M – LSD		1424 M – Tempo				1068 M – Long Interval			712 M – Short Interval						
Bryson	01:44	03:28	01:27	02:54	04:21	05:48	01:20	02:40	04:00	01:13	02:26	01:13	00:41	00:41	00:41	00:41
Ben	01:48	03:36	01:30	03:00	04:30	06:00	01:23	02:46	04:09	01:16	02:32	01:16	00:43	00:43	00:43	00:43
Peter	01:52	03:44	01:34	03:08	04:42	06:16	01:26	02:52	04:18	01:19	02:38	01:19	00:44	00:44	00:44	00:44
Kason	01:55	03:50	01:36	03:12	04:48	06:24	01:28	02:56	04:24	01:21	02:42	01:21	00:45	00:45	00:45	00:45
Andrew	01:58	03:56	01:38	03:16	04:54	06:32	01:30	03:00	04:30	01:23	02:46	01:23	00:46	00:46	00:46	00:46
Maia	01:59	03:58	01:40	03:20	05:00	06:40	01:31	03:02	04:33	01:24	02:48	01:24	00:47	00:47	00:47	00:47
Adam	02:01	04:02	01:41	03:22	05:03	06:44	01:32	03:04	04:36	01:25	02:50	01:25	00:47	00:47	00:47	00:47
Trace	02:01	04:02	01:41	03:22	05:03	06:44	01:32	03:04	04:36	01:25	02:50	01:25	00:47	00:47	00:47	00:47
Timothy	02:01	04:02	01:41	03:22	05:03	06:44	01:32	03:04	04:36	01:25	02:50	01:25	00:47	00:47	00:47	00:47
Emily	02:08	04:16	01:46	03:32	05:18	07:04	01:38	03:16	04:54	01:29	02:58	01:29	00:50	00:50	00:50	00:50
Tom	02:09	04:18	01:48	03:36	05:24	07:12	01:39	03:18	04:57	01:30	03:00	01:30	00:51	00:51	00:51	00:51
Naomi	02:14	04:28	01:52	03:44	05:36	07:28	01:44	03:28	05:12	01:35	03:10	01:35	00:53	00:53	00:53	00:53
Kayleah	02:14	04:28	01:52	03:44	05:36	07:28	01:44	03:28	05:12	01:35	03:10	01:35	00:53	00:53	00:53	00:53

Rest / Recovery

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(Elapsed Dist.)	356 M	712 M	1068	1433	1780 M	2136 M	2492 M	2848 M	3204 M	3560 M	3916 M	4272 M	4474 M	4671	4871	5071
(Lap Dist.)	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M	356 M (SI)	200 M (SI)	200 M (SI)	200 M (SI)	200 M (SI)
	712 M – LSD		1424 M – Tempo				1068 M – Long Interval			712 M – Short Interval						
Annie	02:18	04:36	01:56	03:52	05:48	07:44	01:47	03:34	05:21	01:38	03:16	01:38	00:55	00:55	00:55	00:55
Sophia R.	02:18	04:36	01:56	03:52	05:48	07:44	01:47	03:34	05:21	01:38	03:16	01:38	00:55	00:55	00:55	00:55
Izzie	02:19	04:38	01:57	03:54	05:51	07:48	01:48	03:36	05:24	01:39	03:18	01:39	00:56	00:56	00:56	00:56
Owen	02:20	04:40	01:58	03:56	05:54	07:52	01:49	03:38	05:27	01:40	03:20	01:40	00:56	00:56	00:56	00:56
Lily	02:24	04:48	02:02	04:04	06:06	08:08	01:52	03:44	05:36	01:43	03:26	01:43	00:58	00:58	00:58	00:58
Sophia M.	02:24	04:48	02:01	04:02	06:03	08:04	01:52	03:44	05:36	01:43	03:26	01:43	00:58	00:58	00:58	00:58
Sam	02:26	04:52	02:03	04:06	06:09	08:12	01:53	03:46	05:39	01:44	03:28	01:44	00:58	00:58	00:58	00:58
Luke	02:34	05:08	02:10	04:20	06:30	08:40	02:00	04:00	06:00	01:50	03:40	01:50	01:02	01:02	01:02	01:02
Isabel	02:34	05:08	02:10	04:20	06:30	08:40	02:02	04:04	06:06	01:52	03:44	01:52	01:03	01:03	01:03	01:03
Sabrina	02:37	05:14	02:13	04:26	06:39	08:52	02:04	04:08	06:12	01:54	03:48	01:54	01:04	01:04	01:04	01:04
Sarah	02:44	05:28	02:18	04:36	06:54	09:12	02:09	04:18	06:27	01:59	03:58	01:59	01:07	01:07	01:07	01:07
Caleb	02:45	05:30	02:20	04:40	07:00	09:20	02:10	04:20	06:30	02:00	04:00	02:00	01:07	01:07	01:07	01:07
Elijah	03:32	07:04	03:13	06:26	09:39	12:52	03:04	06:08	09:12	02:55	05:50	02:55	01:38	01:38	01:38	01:38

Rest / Recovery

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