

**Woody Wilson**  
**April 15, 2011**  
**Splits for Distance Races**

**Boys Distance Medley**

Andrew Croft	63.5	70.0	69.8	3:23.3	
Ryan Banwarth	52.8				
Danny Pugh	60.8	67.2	2:08.0		
Hamid Naemeh	65.1	74.2	75.5	72.2	4:47.0

**Girls 4 x 800**

Ciara Parenzin	74.9	88.7	2:43.6		
Erkika Hashimoto	79.3	85.8	2:45.1		
Halley Rainer	83.2	81.4	2:44.6		
Kathy Dooley	76.9	79.5	2:36.4		

**Boys 4 x 800**

Andrew Croft	61.4	62.5	2:03.9		
Danny Pugh	65.0	65.3	2:10.3		
Hamid Naemeh	64.7	65.2	2:09.9		
Ryan Banwarth	58.1	64.4	2:02.5		

**Girls 1600**

Sophie Meads	80.9	80.3	81.9	73.9	5:17.0
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**Girls 800**

Laney Teaforde	72.7	72.9	2:25.6		
Hannah Krovetz	71.1	72.6	2:23.7		

**Boys 800**

Paul Mohr	63.0	59.6	2:02.6		
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**Girls 3200**

Sophie Meads	81.9	87.8	86.6	85.4 5:41.7	87.9	92.4	89.9	83.7 5:53.9	11:35.5
Tess Williams	82.7	86.8	87.9	90.3 5:47.7	92.2	91.8	93.8	93.2 6:11.0	11:58.7

**Boys 3200**

Trevor Halsted	68.5	69.2	70.1	66.7 4:34.5	68.5	70.1	73.5	64.8	9:11.4 4:36.9
Brian De La Mora	68.9	70.0	69.6	69.1 4:37.6	69.9	71.1	71.1	64.2	9:13.9 4:36.3
Mac Harvey	71.5	72.5	72.7	74.8 4:51.5	74.7	75.5	75.8	67.8	9:44.3 4:52.8
Braeden Van Deynze	70.7	72.7	72.7	74.6 4:50.7	75.0	75.8	75.7	72.0	9:49.2 4:58.5
Dan Gonzalez	72.3	73.9	74.5	76.8 4:57.5	78.0	75.8	78.0	73.8 5:04.4	10:03.1