

A bold 2022 PR means they've beaten that time in 2023. A bold time in Week column means it's a PR (their best time of the season). Column T shows the difference between their times for their last 2 weeks. Negative is an improvement.

|                     | 2022 PR        | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |          | Week 6 |                 | Week 7 |                 | PR-long  | Mile Pace | PR-short | Mile Pace | WoW Diff | # Races |
|---------------------|----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|----------|--------|-----------------|--------|-----------------|----------|-----------|----------|-----------|----------|---------|
| <b>7/8 Girls</b>    |                | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time     | Place  | Time            | Place  | Time            |          |           |          |           |          |         |
| Annette Rishi       |                | 7      | 07:42.28        | 6      | <b>07:24.76</b> | 4      | 07:43.00        | 4      | <b>07:09.95</b> | 5      | 10:25.40 | 4      | 10:30.95        | 2      | <b>09:55.71</b> | 09:55.71 | 07:25.2   | 07:09.95 | 07:23.2   | -00:35.2 | 7       |
| Isla Lavery         | <b>10:35.7</b> | 2      | <b>07:13.59</b> | 4      | 07:14.26        | 5      | 07:45.50        | 7      | 07:16.81        | 6      | 10:27.86 | 6      | 10:42.87        | 4      | <b>10:12.93</b> | 10:12.93 | 07:38.1   | 07:13.59 | 07:26.9   | -00:29.9 | 7       |
| Molly Merrill       |                | 24     | 08:32.58        | 36     | 08:34.81        | 21     | <b>08:22.90</b> | 5      | <b>07:15.32</b> | 8      | 10:53.21 | 2      | <b>10:16.86</b> | 5      | <b>10:13.79</b> | 10:13.79 | 07:38.7   | 07:15.32 | 07:28.7   | -00:03.1 | 7       |
| Morgan Wisdom       | <b>11:49.9</b> | 27     | 08:41.30        | 14     | <b>07:44.79</b> | 10     | 08:00.60        | 12     | <b>07:30.94</b> | 9      | 11:01.33 | 16     | 11:14.61        | 7      | <b>10:27.17</b> | 10:27.17 | 07:48.7   | 07:30.94 | 07:44.8   | -00:47.4 | 7       |
| Mackenzie Winslow   | 10:32.0        | 3      | <b>07:14.23</b> | 9      | 07:28.95        | 7      | 07:51.20        | 8      | 07:17.31        | 7      | 10:47.31 | 9      | 10:55.27        | 8      | <b>10:32.11</b> | 10:32.11 | 07:52.4   | 07:14.23 | 07:27.6   | -00:23.2 | 7       |
| Naalah Hussein      |                | 12     | 07:59.30        |        |                 | 19     | 08:17.40        | 10     | <b>07:24.81</b> |        |          | 7      | 10:45.41        | 11     | <b>10:42.21</b> | 10:42.21 | 07:59.9   | 07:24.81 | 07:38.5   | -00:03.2 | 5       |
| Maya Davis          |                |        |                 | 18     | 07:48.11        | 6      | 07:51.10        | 18     | <b>07:41.47</b> | 14     | 11:15.41 | 17     | <b>11:14.64</b> | 19     | <b>10:57.21</b> | 10:57.21 | 08:11.2   | 07:41.47 | 07:55.7   | -00:17.4 | 6       |
| Emma Saguillo Lopez | <b>12:17.2</b> | 20     | <b>08:21.12</b> | 24     | <b>07:57.81</b> | 28     | 08:41.50        | 24     | <b>07:56.51</b> | 31     | 11:53.56 | 31     | <b>11:52.88</b> | 26     | <b>11:07.29</b> | 11:07.29 | 08:18.7   | 07:56.51 | 08:11.2   | -00:45.6 | 7       |
| Trinity De Vito     | <b>13:35.7</b> | 52     | 09:39.00        | 29     | <b>08:18.23</b> |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 08:18.23 | 08:33.6   |          | 2       |
| Zoe Manesis         |                | 34     | 09:03.28        | 45     | <b>08:51.75</b> | 34     | 09:03.80        | 38     | <b>08:22.62</b> | 40     | 12:41.34 | 45     | 13:06.77        | 35     | <b>12:00.60</b> | 12:00.60 | 08:58.5   | 08:22.62 | 08:38.1   | -01:06.2 | 7       |
| Kaylee Klosek       | <b>14:09.0</b> | 43     | <b>09:20.39</b> | 53     | <b>09:15.93</b> | 39     | 09:33.40        | 58     | 09:40.51        |        |          | 40     | 12:53.24        | 43     | <b>12:41.49</b> | 12:41.49 | 09:29.1   | 09:15.93 | 09:33.0   | -00:11.8 | 6       |
| Nora Cook           |                | 48     | 09:26.77        | 67     | 09:44.76        |        |                 | 54     | <b>09:19.64</b> | 52     | 13:37.10 | 43     | <b>13:05.28</b> |        |                 | 13:05.28 | 09:46.9   | 09:19.64 | 09:36.8   |          | 5       |
| Blake Szawlowski    |                | 37     | 09:10.56        | 46     | <b>08:54.33</b> |        |                 |        |                 | 50     | 13:28.69 |        |                 |        |                 | 13:28.69 | 10:04.4   | 08:54.33 | 09:10.8   |          | 3       |
| Malika Fayad        |                | 71     | 11:31.07        | 63     | <b>09:33.68</b> | 45     | 09:59.70        |        |                 | 60     | 14:24.34 |        |                 | 53     | <b>13:29.25</b> | 13:29.25 | 10:04.8   | 09:33.68 | 09:51.3   | -00:55.1 | 5       |
| Cara Platt          |                | 29     | 08:54.48        | 34     | <b>08:28.11</b> | 38     | 09:29.90        | 45     | 08:50.62        |        |          | 50     | 13:32.63        |        |                 | 13:32.63 | 10:07.3   | 08:28.11 | 08:43.7   |          | 5       |
| Avery Heller        | 11:49.80       |        |                 | 40     | 08:47.22        |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 08:47.22 | 09:03.4   |          | 1       |
| Lily LaCava         | <b>15:03.3</b> | 50     | 09:33.28        | 76     | 10:38.82        |        |                 | 76     | 10:27.49        | 71     | 16:12.08 |        |                 | 65     | <b>14:44.54</b> | 14:44.54 | 11:01.0   | 09:33.28 | 09:50.9   | -01:27.5 | 5       |

  

|                      | 2022 PR         | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |          | Week 6 |                 | Week 7 |                 | PR long  | Mile Pace | PR short | Mile Pace | WoW Diff | # Races |
|----------------------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|----------|--------|-----------------|--------|-----------------|----------|-----------|----------|-----------|----------|---------|
| <b>7/8 Boys</b>      |                 | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time     | Place  | Time            | Place  | Time            |          |           |          |           |          |         |
| Colton Vogel         |                 | 4      | 06:32.17        | 5      | 06:37.74        | 8      | 06:53.80        | 12     | 06:47.00        |        |          | 11     | 09:41.48        | 7      | <b>09:23.39</b> | 09:23.39 | 07:01.0   | 06:32.17 | 06:44.2   | -00:18.1 | 6       |
| Logan Tenny          |                 | 30     | 07:28.65        | 26     | <b>07:23.57</b> | 29     | 07:47.40        | 30     | <b>07:19.89</b> | 29     | 10:45.38 | 27     | <b>10:16.20</b> | 25     | <b>10:08.43</b> | 10:08.43 | 07:34.7   | 07:19.89 | 07:33.4   | -00:07.8 | 7       |
| Jiro Nwachuku        |                 | 29     | 07:28.41        | 51     | 07:57.06        |        |                 | 47     | 07:59.05        |        |          | 30     | 10:32.21        | 26     | <b>10:10.43</b> | 10:10.43 | 07:36.2   | 07:28.41 | 07:42.2   | -00:21.8 | 5       |
| Brody Fajvan         |                 | 64     | 08:56.73        | 59     | <b>08:03.93</b> | 44     | 08:39.10        | 41     | <b>07:43.83</b> |        |          | 54     | 12:14.00        | 27     | <b>10:11.89</b> | 10:11.89 | 07:37.3   | 07:43.83 | 07:58.1   | -02:02.1 | 6       |
| Colby Hastings       |                 | 31     | 07:36.87        | 32     | <b>07:32.15</b> |        |                 | 44     | 07:53.44        |        |          |        |                 |        |                 |          |           | 07:32.15 | 07:46.1   |          | 3       |
| Oliver Wallace       | <b>13:35.10</b> | 53     | <b>08:23.67</b> | 47     | <b>07:52.31</b> |        |                 | 39     | <b>07:39.00</b> | 37     | 11:09.91 |        |                 | 39     | <b>10:43.66</b> | 10:43.66 | 08:01.0   | 07:39.00 | 07:53.1   | -00:26.2 | 5       |
| Connor Susani        |                 |        |                 | 60     | 08:04.30        |        |                 | 49     | <b>08:03.29</b> | 39     | 11:13.05 |        |                 | 46     | 11:15.54        | 11:13.05 | 08:23.0   | 08:03.29 | 08:18.2   | 00:02.5  | 4       |
| Finn Patrick McGrath |                 | 61     | 08:41.75        | 64     | <b>08:16.02</b> | 47     | 09:05.10        | 56     | <b>08:12.51</b> | 52     | 12:03.57 | 45     | <b>11:31.58</b> | 53     | 11:39.27        | 11:31.58 | 08:36.8   | 08:12.51 | 08:27.7   | 00:07.7  | 7       |
| Garrett Pasterick    |                 | 44     | 08:00.43        | 54     | <b>07:59.48</b> | 42     | 08:32.00        | 59     | 08:16.70        | 61     | 12:39.14 | 55     | <b>12:14.42</b> | 60     | <b>11:58.16</b> | 11:58.16 | 08:56.7   | 07:59.48 | 08:14.2   | -00:16.3 | 7       |
| Sebastian Sciafani   | 00:00.00        | 41     | 07:49.37        | 77     | 08:45.07        |        |                 | 66     | 08:34.22        | 70     | 13:06.27 | 60     | <b>12:39.90</b> | 61     | <b>12:00.95</b> | 12:00.95 | 08:58.8   | 07:49.37 | 08:03.8   | -00:39.0 | 6       |
| Mark Bernstein       | 00:00.00        | 67     | <b>09:03.29</b> |        |                 |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 09:03.29 | 09:20.0   |          | 1       |
| Alexander Ortiz      |                 | 93     | 10:44.58        | 103    | <b>10:27.08</b> | 60     | <b>10:07.80</b> | 90     | <b>09:32.64</b> |        |          | 84     | 14:20.47        | 71     | <b>12:43.16</b> | 12:43.16 | 09:30.3   | 09:32.64 | 09:50.2   | -01:37.3 | 6       |
| Lorik Bardhi         |                 | 87     | 10:05.89        | 92     | <b>09:37.42</b> |        |                 |        |                 | 86     | 15:16.04 |        |                 | 83     | <b>13:39.51</b> | 13:39.51 | 10:12.4   | 09:37.42 | 09:55.2   | -01:36.5 | 4       |
| Krish Devanand       |                 | 92     | 10:37.01        | 98     | <b>10:05.84</b> |        |                 | 102    | 10:32.23        |        |          | 90     | 15:59.03        |        |                 | 15:59.03 | 11:56.7   | 10:05.84 | 10:24.5   |          | 4       |
| Matthew Kowzun       |                 |        |                 | 110    | 11:36.58        | 68     | <b>11:02.60</b> | 99     | <b>10:07.54</b> | 94     | 17:22.49 | 91     | <b>16:24.31</b> | 95     | <b>16:09.16</b> | 16:09.16 | 12:04.3   | 10:07.54 | 10:26.2   | -00:15.2 | 6       |
| Mason Rivera         |                 |        |                 | 106    | 10:40.51        |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 10:40.51 | 11:00.2   |          | 1       |
| Raihaan Peeran       | 00:00.00        | 95     | 10:51.27        |        |                 |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 10:51.27 | 11:11.3   |          | 1       |

34

29 6 PRs 31 17 PRs 19 3 PRs 26 15PRs 20 0 PRs 22 9 PRs 24 22 PRs

|                   | 2022 PR        | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |          | Week 6 |                 | Week 7 |                 | PR long  | Mile Pace | PR short | Mile Pace | WoW Diff | # Races |  |
|-------------------|----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|----------|--------|-----------------|--------|-----------------|----------|-----------|----------|-----------|----------|---------|--|
|                   |                | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time     | Place  | Time            | Place  | Time            |          |           |          |           |          |         |  |
| <b>9/10 Girls</b> |                |        |                 |        |                 |        |                 |        |                 |        |          |        |                 |        |                 |          |           |          |           |          |         |  |
| Cameron Hastings  | 00:00.0        | 9      | 09:26.92        | 4      | <b>09:22.62</b> |        |                 | 13     | 09:33.42        |        |          | 15     | 13:43.15        | 11     | <b>12:57.88</b> | 12:57.88 | 07:00.4   | 09:22.62 | 07:00.5   | -00:45.3 | 5       |  |
| Arya Bhavsar      | 00:00.0        |        |                 | 23     | 10:31.81        |        |                 | 38     | 10:49.47        | 39     | 15:04.12 | 22     | <b>14:17.53</b> | 32     | 14:28.36        | 14:17.53 | 07:43.5   | 10:31.81 | 07:52.2   | 00:10.8  | 5       |  |
| Addison Horn      | 00:00.0        | 26     | 10:40.89        | 35     | 11:10.17        |        |                 | 46     | 11:09.66        |        |          |        |                 |        |                 |          |           | 10:40.89 | 07:59.0   |          | 3       |  |
| Jelena Aranjuez   | 00:00.0        | 32     | <b>10:49.51</b> | 42     | 11:18.82        | 29     | 11:18.70        | 39     | 10:51.11        | 40     | 15:06.11 | 24     | <b>14:21.27</b> | 33     | 14:35.75        | 14:21.27 | 07:45.5   | 10:49.51 | 08:05.4   | 00:14.5  | 7       |  |
| Skylar Drew       |                | 54     | 12:07.87        | 54     | <b>12:06.91</b> |        |                 |        |                 |        |          |        |                 |        |                 |          |           | 12:06.91 | 09:03.2   |          | 2       |  |
| Aishani Mukherjee | <b>18:51.2</b> | 65     | <b>12:29.64</b> | 85     | 14:43.17        | 64     | 14:29.20        |        |                 | 78     | 18:51.42 | 69     | <b>18:49.61</b> | 65     | <b>17:20.77</b> | 17:20.77 | 09:22.5   | 12:29.64 | 09:20.2   | -01:28.8 | 5       |  |
| Noa Rama          |                | 82     | 13:56.90        | 83     | 14:35.97        | 67     | 14:50.20        | 86     | <b>13:51.45</b> | 93     | 21:47.42 | 68     | <b>18:48.17</b> | 70     | <b>18:14.86</b> | 18:14.86 | 09:51.7   | 13:51.45 | 10:21.4   | -00:33.3 | 7       |  |
| Autumn Ortiz      | 00:00.0        | 86     | <b>14:25.20</b> | 86     | 14:44.26        | 66     | 14:49.10        |        |                 |        |          | 67     | <b>18:44.44</b> | 74     | 18:48.10        | 18:44.44 | 10:07.7   | 14:25.20 | 10:46.6   | 00:03.7  | 5       |  |
| Keira Seely       | 00:00.00       | 88     | 14:35.49        | 87     | 14:44.72        |        |                 |        |                 | 94     | 22:04.51 |        |                 |        |                 | 22:04.51 | 11:55.9   | 14:35.49 | 10:54.3   |          | 3       |  |
| Farin Nicholas    |                | 93     | 15:14.92        |        |                 | 68     | <b>14:50.40</b> |        |                 |        |          |        |                 |        |                 |          |           | 14:50.40 | 11:05.4   |          | 2       |  |

|                       | 2022 PR        | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |                 | Week 6 |                 | Week 7 |                 | PR long  | Mile Pace | PR short | Mile Pace | WoW Diff | # Races |  |
|-----------------------|----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|----------|-----------|----------|-----------|----------|---------|--|
|                       |                | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            |          |           |          |           |          |         |  |
| <b>9/10 Boys</b>      |                |        |                 |        |                 |        |                 |        |                 |        |                 |        |                 |        |                 |          |           |          |           |          |         |  |
| Aldo Segal            | <b>12:11.5</b> | 8      | <b>08:58.87</b> | 3      | <b>08:42.30</b> | 6      | 09:11.50        |        |                 | 7      | 12:05.30        | 5      | 12:15.47        | 4      | <b>11:49.37</b> | 11:49.37 | 06:23.4   | 08:42.30 | 06:30.3   | -00:26.1 | 6       |  |
| Michael Gellas        | <b>12:05.8</b> |        |                 | 15     | 09:13.50        |        |                 |        |                 | 16     | <b>12:32.79</b> | 6      | <b>12:19.61</b> | 5      | <b>11:52.85</b> | 11:52.85 | 06:25.3   | 09:13.50 | 06:53.6   | -00:26.8 | 4       |  |
| Justin Bernardino     | <b>13:08.9</b> | 9      | <b>08:59.57</b> | 10     | <b>08:56.03</b> | 8      | 09:13.30        | 9      | <b>08:51.67</b> | 15     | 12:28.11        |        |                 | 6      | <b>11:53.84</b> | 11:53.84 | 06:25.8   | 08:51.67 | 06:37.3   | -00:34.3 | 6       |  |
| Benton Gannon         | 00:00.0        | 16     | <b>09:20.46</b> | 33     | 09:42.18        | 13     | 09:32.10        |        |                 | 18     | <b>12:42.37</b> | 11     | <b>12:41.90</b> | 18     | <b>12:30.84</b> | 12:30.84 | 06:45.8   | 09:20.46 | 06:58.8   | -00:11.1 | 6       |  |
| Liam Domicolo         | 00:00.0        | 11     | <b>09:07.66</b> | 9      | <b>08:54.70</b> | 10     | 09:22.30        | 11     | 08:57.54        | 19     | 12:45.88        | 22     | 13:02.70        | 20     | <b>12:33.46</b> | 12:33.46 | 06:47.2   | 08:54.70 | 06:39.6   | -00:29.2 | 7       |  |
| Ryder Jacobs          | 00:00.0        | 13     | <b>09:11.75</b> | 12     | <b>09:05.35</b> | 16     | 09:40.10        | 15     | 09:13.88        | 44     | 13:57.37        | 18     | <b>12:57.18</b> | 23     | <b>12:38.79</b> | 12:38.79 | 06:50.1   | 09:05.35 | 06:47.6   | -00:18.4 | 7       |  |
| Samuel Reyes          | 00:00.0        | 20     | <b>09:26.59</b> | 37     | 09:54.90        | 17     | 09:44.10        | 19     | <b>09:20.64</b> | 23     | 12:56.61        | 13     | <b>12:47.45</b> | 27     | 13:03.03        | 12:47.45 | 06:54.8   | 09:20.64 | 06:59.0   | 00:15.6  | 7       |  |
| Harrison Tenny        | 00:00.0        | 29     | <b>09:51.94</b> | 27     | <b>09:28.50</b> | 26     | 10:08.40        | 28     | 09:29.94        | 31     | 13:24.92        | 26     | <b>13:05.95</b> | 32     | 13:07.92        | 13:05.95 | 07:04.8   | 09:28.50 | 07:04.9   | 00:02.0  | 7       |  |
| Max Costello          | 00:00.0        | 72     | 11:35.89        | 58     | <b>10:45.78</b> | 42     | 11:01.11        | 48     | <b>10:12.22</b> | 54     | 14:34.33        | 34     | <b>13:54.61</b> | 39     | <b>13:36.52</b> | 13:36.52 | 07:21.3   | 10:12.22 | 07:37.5   | -00:18.1 | 7       |  |
| Noah Rua              | 00:00.0        | 58     | 11:08.25        | 52     | <b>10:38.69</b> | 34     | 10:42.20        | 55     | <b>10:20.77</b> | 60     | 14:56.56        | 40     | <b>14:20.79</b> | 43     | <b>13:50.70</b> | 13:50.70 | 07:29.0   | 10:20.77 | 07:43.9   | -00:30.1 | 7       |  |
| Daniel Raymore        | 00:00.0        |        |                 | 54     | 10:41.08        | 36     | 10:51.80        | 50     | <b>10:13.48</b> | 76     | 15:34.30        | 55     | <b>14:52.57</b> | 47     | <b>14:00.95</b> | 14:00.95 | 07:34.5   | 10:13.48 | 07:38.5   | -00:51.6 | 6       |  |
| Jonathan Danner       | 00:00.0        | 59     | <b>11:09.29</b> | 70     | 11:26.05        | 50     | 11:23.10        | 91     | 11:42.92        | 74     | 15:32.91        | 56     | <b>14:54.50</b> | 58     | <b>14:39.30</b> | 14:39.30 | 07:55.2   | 11:09.29 | 08:20.2   | -00:15.2 | 7       |  |
| Orlando Noonan        | 00:00.0        | 76     | 11:48.26        | 59     | <b>10:51.77</b> | 51     | 11:25.40        | 77     | 11:12.14        | 69     | 15:21.14        | 67     | 15:58.35        | 59     | <b>14:40.39</b> | 14:40.39 | 07:55.8   | 10:51.77 | 08:07.1   | -01:18.0 | 7       |  |
| Ben Sclafani          | 00:00.0        | 36     | <b>10:02.32</b> | 57     | 10:44.01        |        |                 | 74     | 11:07.20        |        |                 | 52     | 14:43.08        | 65     | 15:03.53        | 14:43.08 | 07:57.3   | 10:02.32 | 07:30.1   | 00:20.5  | 5       |  |
| Mason Sutton          |                | 89     | 12:33.23        | 78     | <b>11:48.08</b> | 53     | <b>11:38.00</b> | 87     | <b>11:27.90</b> | 85     | 16:56.48        | 68     | <b>15:59.69</b> | 74     | <b>15:45.78</b> | 15:45.78 | 08:31.2   | 11:27.90 | 08:34.1   | -00:13.9 | 7       |  |
| Henry Marston         | 14:56.5        | 95     | 12:42.10        | 95     | <b>12:31.00</b> |        |                 | 137    | 14:43.39        | 78     | <b>15:52.00</b> | 92     | 17:48.78        | 84     | 16:28.29        | 15:52.00 | 08:34.5   | 12:31.00 | 09:21.2   | -01:20.5 | 6       |  |
| Brannan Lavery        | <b>16:31.3</b> | 53     | <b>10:55.29</b> |        |                 |        |                 |        |                 |        |                 |        |                 |        |                 |          |           | 10:55.29 | 08:09.7   |          | 1       |  |
| Sean Cook             | <b>20:10.7</b> | 111    | 13:48.96        | 113    | <b>13:33.55</b> |        |                 | 131    | 14:01.95        | 102    | <b>18:14.03</b> | 103    | 19:08.58        |        |                 | 18:14.03 | 09:51.3   | 13:33.55 | 10:08.0   |          | 5       |  |
| Parker DeVleeschouwer |                |        |                 |        |                 |        |                 | 78     | 11:12.91        | 104    | 18:15.94        |        |                 |        |                 | 18:15.94 | 09:52.3   | 11:12.91 | 08:22.9   |          | 2       |  |
| Mattey Richard        |                | 97     | 12:43.58        | 96     | <b>12:32.69</b> |        |                 | 102    | <b>12:10.34</b> |        |                 |        |                 |        |                 |          |           | 12:10.34 | 09:05.8   |          | 3       |  |
| Lucas Pasia           | 16:39.7        | 90     | 12:33.24        |        |                 |        |                 | 106    | <b>12:27.96</b> |        |                 |        |                 |        |                 |          |           | 12:27.96 | 09:19.0   |          | 2       |  |
| Joseph Manis          | 16:30.1        | 109    | 13:35.10        | 109    | <b>13:11.51</b> | 67     | 13:42.40        | 123    | 13:23.25        | 107    | 18:28.32        |        |                 | 109    | 19:50.76        | 18:28.32 | 09:59.0   | 13:11.51 | 09:51.5   | 01:22.4  | 6       |  |
| Benjamin Crist        |                |        |                 | 126    | 14:55.05        |        |                 | 129    | <b>13:54.74</b> | 121    | 20:13.46        |        |                 |        |                 | 20:13.46 | 10:55.8   | 13:54.74 | 10:23.8   |          | 3       |  |
| Jack Cogan            |                | 127    | 17:02.51        | 131    | <b>15:29.62</b> |        |                 |        |                 | 137    | 23:17.74        | 121    | 25:18.86        |        |                 | 23:17.74 | 12:35.4   | 15:29.62 | 11:34.7   |          | 4       |  |

34                      29    **13 PRs**    30    16 PRs    19    2 PRs    24    10PRs    25    4 PRs    23    15 PRs    23    15 PRs

|                     | 2022 PR  | Week 1 |          | Week 2 |          | Week 3 |          | Week 4 |          | Week 5 |          | Week 6 |          | Week 7 |          |
|---------------------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| 11/12 Girls         |          | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     |
| Joy Young           |          | 4      | 13:13.89 | 3      | 12:57.75 | 5      | 13:25.90 |        |          | 10     | 12:21.08 | 9      | 12:36.73 | 6      | 12:20.70 |
| Brianna Winslow     | 13:52.6  | 18     | 14:43.33 | 12     | 14:13.23 | 19     | 15:01.40 | 22     | 14:20.29 | 22     | 13:44.63 | 26     | 13:57.52 | 18     | 13:12.63 |
| Vanessa Leloia      | 14:11.8  | 21     | 14:52.08 | 13     | 14:14.25 |        |          | 16     | 14:01.04 | 23     | 13:47.33 | 22     | 13:49.51 | 19     | 13:15.69 |
| Abbey Renna         | 13:00.10 |        |          | 6      | 13:49.19 |        |          | 11     | 13:19.39 |        |          |        |          |        |          |
| Bella Norton        |          | 20     | 14:51.52 | 24     | 14:40.86 | 20     | 15:02.50 | 31     | 15:08.76 | 24     | 13:59.52 | 27     | 14:04.83 | 24     | 13:36.16 |
| Avery Narcise       | 13:48.9  | 26     | 15:03.76 | 10     | 14:09.43 |        |          | 43     | 15:49.75 | 35     | 14:49.58 | 24     | 13:53.13 |        |          |
| Sofia Saguillo Lepp | 13:41.1  | 36     | 15:56.90 | 20     | 14:29.05 | 17     | 14:56.40 | 57     | 16:31.59 | 31     | 14:31.98 |        |          | 34     | 14:21.26 |
| Julia Aranjuez      | 16:45.4  | 54     | 17:02.81 | 42     | 16:34.26 |        |          | 46     | 16:06.77 | 42     | 15:14.00 |        |          | 39     | 14:34.10 |
| Sadie Slicks        | 13:30.9  | 48     | 16:51.63 |        |          | 35     | 16:17.20 |        |          | 45     | 15:37.38 |        |          | 41     | 14:42.56 |
| Dafina Bardhi       | 16:04.1  | 62     | 17:37.61 | 57     | 17:50.70 |        |          | 73     | 17:55.29 | 57     | 16:21.55 | 65     | 17:21.47 | 54     | 15:35.98 |
| Adalyn Doelger      |          | 58     | 17:14.60 | 49     | 17:11.29 |        |          | 72     | 17:51.04 | 55     | 16:16.18 | 55     | 16:27.99 | 57     | 15:47.10 |
| McKenna Wysocki     | 17:11.0  | 59     | 17:15.32 | 58     | 17:53.60 | 44     | 17:25.80 | 76     | 18:05.74 | 67     | 17:26.01 | 66     | 17:22.25 | 60     | 15:58.57 |
| Ava Korish          |          |        |          |        |          | 38     | 16:34.80 | 54     | 16:23.54 |        |          |        |          |        |          |
| Aislyn Rivera       |          |        |          | 54     | 17:37.36 |        |          |        |          |        |          |        |          |        |          |
|                     |          |        |          |        |          |        |          |        |          |        |          |        |          |        |          |
|                     |          |        |          |        |          |        |          |        |          |        |          |        |          |        |          |
|                     | 2022 PR  | Week 1 |          | Week 2 |          | Week 3 |          | Week 4 |          | Week 5 |          | Week 6 |          | Week 7 |          |
| 11/12 Boys          |          | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     | Place  | Time     |
| Andrew Bernardin    | 11:26.8  | 11     | 13:04.53 | 2      | 11:24.06 | 6      | 11:59.40 | 8      | 11:50.72 | 10     | 11:43.17 |        |          | 3      | 11:08.38 |
| Landon Merrill      | 12:17.0  | 9      | 12:55.94 |        |          |        |          |        |          | 12     | 11:53.21 |        |          |        |          |
| Alec Sassoon        | 12:09.1  |        |          | 7      | 11:53.96 |        |          |        |          |        |          |        |          |        |          |
| Michael Ramsdell    | 12:17.7  |        |          | 18     | 12:46.89 | 19     | 13:02.30 |        |          | 19     | 12:33.91 | 12     | 12:14.51 | 12     | 11:59.37 |
| Ethan Barnett       | 12:01.8  | 18     | 13:19.72 | 21     | 13:03.85 |        |          | 15     | 12:30.98 | 16     | 12:13.77 | 10     | 12:07.37 |        |          |
| Emmett Behnke       | 12:10.1  | 16     | 13:17.49 |        |          | 15     | 12:53.00 |        |          | 24     | 12:44.68 | 16     | 12:32.67 |        |          |
| Cullen Carbery      |          | 21     | 13:35.42 |        |          | 22     | 13:13.30 | 24     | 13:12.48 |        |          | 30     | 13:06.09 | 24     | 12:38.25 |
| Rafael Aranjuez     | 14:21.3  | 63     | 16:12.26 | 42     | 13:53.96 | 41     | 14:19.50 | 26     | 13:23.90 | 37     | 13:20.23 |        |          | 25     | 12:38.27 |
| Mithun Yoga         | 13:41.2  | 37     | 14:35.96 | 40     | 13:51.62 | 32     | 13:55.80 | 27     | 13:25.13 | 40     | 13:26.03 | 33     | 13:09.78 | 30     | 12:53.29 |
| Roshan Kothari      | 13:15.9  |        |          |        |          | 35     | 14:08.80 | 25     | 13:21.94 | 28     | 12:58.36 |        |          | 35     | 13:12.70 |
| Ishaan Devanand     | 14:07.0  |        |          | 35     | 13:41.33 | 49     | 14:38.60 | 46     | 14:06.94 |        |          | 32     | 13:08.42 |        |          |
| Cole Tramposch      | 13:30.7  | 32     | 14:21.16 | 30     | 13:27.98 | 52     | 14:43.80 | 49     | 14:11.80 |        |          |        |          |        |          |
| Anton Zeiger        | 14:25.8  |        |          |        |          | 42     | 14:19.80 |        |          | 42     | 13:30.55 | 46     | 14:00.03 |        |          |
| Jacob Ramsdell      | 14:55.7  | 27     | 13:51.63 | 75     | 15:57.50 | 66     | 15:45.50 |        |          | 109    | 17:43.89 |        |          | 47     | 13:58.33 |
| Zachary Ramsdell    | 14:26.3  | 51     | 14:56.88 | 55     | 14:41.17 | 59     | 15:15.90 |        |          | 68     | 14:58.43 | 60     | 15:20.96 | 48     | 13:58.61 |
| Connor Simon        |          |        |          | 44     | 14:04.20 |        |          |        |          |        |          |        |          |        |          |
| Robert Dalglish     | 13:43.3  |        |          | 45     | 14:05.50 | 58     | 15:12.80 |        |          |        |          |        |          |        |          |
| Matthew Cook        |          |        |          |        |          |        |          | 59     | 14:16.21 |        |          | 72     | 16:19.78 |        |          |
| Milan Yoga          | 15:18.3  | 75     | 17:08.92 | 88     | 16:39.61 | 84     | 17:08.40 | 80     | 16:01.43 | 91     | 16:18.48 | 68     | 15:58.70 | 66     | 15:04.76 |
| Jonah Goldstein     | 18:05.2  | 77     | 17:30.46 |        |          | 90     | 18:25.50 | 87     | 16:23.28 |        |          | 83     | 16:55.50 | 72     | 15:25.63 |
| Ryan Postorino      |          |        |          | 84     | 16:29.78 | 77     | 16:41.70 |        |          | 106    | 17:31.96 |        |          |        |          |
| Vaughn Saunders     |          |        |          | 96     | 17:53.65 |        |          |        |          | 110    | 17:44.03 |        |          |        |          |
| Calum Lavery        | 15:18.3  | 84     | 18:06.49 | 98     | 18:02.05 |        |          |        |          |        |          |        |          |        |          |
| Johnny Baxter       | 18:12.6  | 111    | 23:11.87 | 104    | 18:33.44 |        |          | 114    | 20:17.24 |        |          | 98     | 18:59.86 | 94     | 18:16.25 |
| Jackson Crist       |          |        |          | 117    | 22:48.69 |        |          | 125    | 24:29.55 | 128    | 25:06.69 |        |          |        |          |

| PR       | Mile Pace | WoW Diff | # Races |
|----------|-----------|----------|---------|
| 12:20.70 | 06:40.3   | -00:16.0 | 6       |
| 13:12.63 | 07:08.4   | -00:44.9 | 7       |
| 13:15.69 | 07:10.1   | -00:33.8 | 6       |
| 13:19.39 | 07:12.1   |          | 2       |
| 13:36.16 | 07:21.1   | -00:28.7 | 7       |
| 13:53.13 | 07:30.3   |          | 5       |
| 14:21.26 | 07:45.5   | -00:10.7 | 6       |
| 14:34.10 | 07:52.4   | -00:39.9 | 5       |
| 14:42.56 | 07:57.0   | -00:54.8 | 4       |
| 15:35.98 | 08:25.9   | -01:45.5 | 6       |
| 15:47.10 | 08:31.9   | -00:40.9 | 6       |
| 15:58.57 | 08:38.1   | -01:23.7 | 7       |
| 16:23.54 | 08:51.6   |          | 2       |
| 17:37.36 | 09:31.5   |          | 1       |

| PR       | Mile Pace | WoW Diff | # Races |
|----------|-----------|----------|---------|
| 11:08.38 | 06:01.2   | -00:34.8 | 6       |
| 11:53.21 | 06:25.5   |          | 2       |
| 11:53.96 | 06:25.9   |          | 1       |
| 11:59.37 | 06:28.8   | -00:15.1 | 5       |
| 12:07.37 | 06:33.1   |          | 5       |
| 12:32.67 | 06:46.8   |          | 4       |
| 12:38.25 | 06:49.8   | -00:27.8 | 5       |
| 12:38.27 | 06:49.8   | -00:42.0 | 6       |
| 12:53.29 | 06:57.9   | -00:16.5 | 7       |
| 12:58.36 | 07:00.7   | 00:14.3  | 4       |
| 13:08.42 | 07:06.1   |          | 4       |
| 13:27.98 | 07:16.7   |          | 4       |
| 13:30.55 | 07:18.1   |          | 3       |
| 13:51.63 | 07:29.5   | -03:45.6 | 5       |
| 13:58.61 | 07:33.2   | -01:22.3 | 6       |
| 14:04.20 | 07:36.3   |          | 1       |
| 14:05.50 | 07:37.0   |          | 2       |
| 14:16.21 | 07:42.8   |          | 2       |
| 15:04.76 | 08:09.0   | -00:53.9 | 7       |
| 15:25.63 | 08:20.3   | -01:29.9 | 5       |
| 16:29.78 | 08:55.0   |          | 3       |
| 17:44.03 | 09:35.1   |          | 2       |
| 18:02.05 | 09:44.8   |          | 2       |
| 18:16.25 | 09:52.5   | -00:43.6 | 5       |
| 22:48.69 | 12:19.7   |          | 3       |

39

25 2 PRs 30 17 PRs 23 3 PRs 24 11 PRs 26 16 PRs 20 8 PRs 21 19 PRs

|                    | 2022 PR | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |                 | Week 6 |                 | Week 7 |                 |
|--------------------|---------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|
| <b>13/14 Girls</b> |         | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            |
| Julianna Young     |         | 7      | 12:57.01        | 9      | <b>12:48.49</b> |        |                 |        |                 | 16     | 17:49.45        |        |                 | 8      | <b>16:52.40</b> |
| Macie Wysocki      | 00:00.0 | 9      | 13:02.52        | 12     | <b>12:58.87</b> |        |                 | 13     | 13:05.89        | 11     | 17:13.95        |        |                 | 10     | 17:18.40        |
| Emily Dalton       | 00:00.0 | 12     | 13:42.59        | 16     | 13:42.86        | 10     | 13:48.50        | 14     | <b>13:15.04</b> |        |                 |        |                 | 12     | <b>17:35.10</b> |
| Anjali George      | 00:00.0 | 17     | 14:54.20        | 21     | <b>14:03.72</b> | 12     | <b>14:02.21</b> |        |                 | 24     | <b>18:41.26</b> | 16     | 18:44.92        | 16     | <b>18:13.40</b> |
| Chloe Hastings     | 00:00.0 | 16     | 14:34.21        | 24     | <b>14:29.38</b> |        |                 | 28     | 14:52.58        | 38     | 19:52.82        |        |                 | 26     | <b>19:20.10</b> |
| Ava Gumann         | 17:39.3 | 15     | 14:33.15        |        |                 |        |                 | 29     | 14:57.18        |        |                 | 31     | 21:08.22        |        |                 |
| Ashley McDonnell   | 20:15.5 |        |                 | 44     | 17:39.10        | 27     | <b>16:05.00</b> | 51     | 18:14.51        | 49     | 23:19.72        | 35     | <b>23:14.35</b> |        |                 |
| Sophia Perez       | 00:00.0 | 33     | <b>17:01.20</b> | 42     | <b>16:44.49</b> | 32     | 18:06.70        | 49     | 17:52.08        | 58     | 28:26.60        | 36     | <b>24:16.31</b> |        |                 |
| Caroline Wyka      |         |        |                 | 52     | 20:00.63        |        |                 | 55     | <b>19:23.01</b> |        |                 |        |                 |        |                 |

| PR long  | Mile Pace | PR short | Mile Pace | WoW Diff | # Races |
|----------|-----------|----------|-----------|----------|---------|
| 16:52.40 | 06:50.3   | 12:48.49 | 06:55.4   | -00:57.0 | 4       |
| 17:13.95 | 06:59.0   | 12:58.87 | 07:01.0   | 00:04.4  | 5       |
| 17:35.10 | 07:07.6   | 13:15.04 | 07:09.7   |          | 5       |
| 18:13.40 | 07:23.1   | 14:02.21 | 07:35.2   | -00:31.5 | 6       |
| 19:20.10 | 07:50.2   | 14:29.38 | 07:49.9   | -00:32.7 | 5       |
| 21:08.22 | 08:34.0   | 14:33.15 | 07:51.9   |          | 3       |
| 23:14.35 | 09:25.1   | 16:05.00 | 08:41.6   |          | 5       |
| 24:16.31 | 09:50.2   | 16:44.49 | 09:02.9   |          | 6       |
|          |           | 19:23.01 | 10:28.6   |          | 2       |

|                   | 2022 PR | Week 1 |                 | Week 2 |                 | Week 3 |                 | Week 4 |                 | Week 5 |          | Week 6 |                 | Week 7 |                 |
|-------------------|---------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|----------|--------|-----------------|--------|-----------------|
| <b>13/14 Boys</b> |         | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time            | Place  | Time     | Place  | Time            | Place  | Time            |
| Griffin Branch    |         | 4      | 11:08.78        |        |                 | 5      | 11:18.70        | 4      | <b>11:00.20</b> | 7      | 15:12.87 | 4      | 15:23.42        | 4      | <b>14:57.00</b> |
| Aidan Danner      | 00:00.0 | 11     | 12:41.39        | 7      | <b>12:08.58</b> |        |                 | 10     | <b>11:53.01</b> | 29     | 18:01.13 | 7      | <b>16:27.54</b> | 8      | <b>15:40.21</b> |
| Mason Wolak       |         | 35     | 15:06.63        |        |                 | 31     | <b>14:49.20</b> | 39     | <b>13:38.65</b> | 34     | 18:41.77 |        |                 | 27     | <b>17:50.60</b> |
| Oliver Brunton    |         | 25     | 13:42.01        |        |                 | 29     | 14:35.80        |        |                 |        |          |        |                 |        |                 |
| Liam Curley       | 00:00.0 | 40     | <b>16:11.10</b> |        |                 |        |                 |        |                 |        |          |        |                 |        |                 |

| PR long  | Mile Pace | PR short | Mile Pace | WoW Diff | # Races |
|----------|-----------|----------|-----------|----------|---------|
| 14:57.00 | 06:03.5   | 11:00.20 | 05:56.8   | -00:26.4 | 6       |
| 15:40.21 | 06:21.1   | 11:53.01 | 06:25.4   | -00:47.3 | 6       |
| 17:50.60 | 07:13.9   | 13:38.65 | 07:22.5   | -00:51.2 | 5       |
|          |           | 13:42.01 | 07:24.3   |          | 2       |
|          |           | 16:11.10 | 08:44.9   |          | 1       |

|             |    |       |     |        |    |        |    |        |    |        |    |        |    |        |
|-------------|----|-------|-----|--------|----|--------|----|--------|----|--------|----|--------|----|--------|
| 14          | 12 | 2 PRs | 9   | 6 PRs  | 7  | 3 PRs  | 10 | 5 PRs  | 9  | 1 PRs  | 6  | 3 PRs  | 8  | 7 PRs  |
| Grand Total | 95 |       | 100 | 56 PRs | 68 | 11 PRs | 84 | 41 PRs | 80 | 21 PRs | 71 | 35 PRs | 76 | 63 PRs |
| Medalists   | 32 |       | 31  |        | 25 |        | 25 |        | 25 |        | 26 |        | 32 |        |