

1992 Base Training Info Sheet

AMS

Name	Class	Summer Milage	Longest run	Last 2 wks avg	Rst pulse 2 mile	Str pulse	Work Group	
✓ JOHN DAHLER	SR	—	3	0	72	170	2	20
✓ TIM PROBST	SR	361	8.7	14.5/36.32			1	29
✓ MATT DOUGHERTY	SR	175	8.5	5			1	40
✓ Gene Marshall	SR	100	6	4.5	60	144	2	35
○ MATT ROLLO	SR	60	5	3			1	
Mike Russo	SR	203	6	3			2	22
✓ TIM FETE	SR	0	3.1	0	60	138	2	25
CHRIS WELLING	SR	415	10	5-6			1	22
○ Chester Piddie	SR	0	✓	—	80	182	2	20
Dennis Koop	SR	144	8	3				
PAT NAHM	SR	40		2 1/2				
✓ DAVE WOLZENSKI	JR	✓	✓	—	72	152	2	15
✓ RAY GRINER	JR	300	8	7.5			1	43
MAT WADSWORTH	JR	@100	5	2				

TOP GROUP

	Rest	Stress
PROBST	62	(138)
Myers	64	154
DOUGHERTY	52	158
WELLING	62	150
GRINER	70	170
JONES	60	150
RUSCO	73	154
HAMEL	66	158
FLANAGAN	65	150

DATES (WED, THURS, FRI, SAT) next week (E)

JOHN GARRETT 70-80 5 — 78
 BEN GOFKE 66
 CHARLIE KENNAN 64

54

off.
off
off:
off

Name	Class	Summer Milage	Longest run	Last 2 wks avg	Rst pulse: 2 mile	Str pulse	Work Group
DOUG AVER	Soph	70	6	2	64	174	2
STEVE SCHLIT	Soph	60	4	—	86	184	2
TOM FLANAGAN	Soph	180	6	4			2
KEVIN MYERS	Soph	251.5	6	5			1
MAT SCHUCKMANN	Soph	81.5	6	3			2
MAT HASIK	JR	65	6.2	4	68	180	2

SOPH.

1997 Base Training Info Sheet

4445

	Name	Class	Summer Milage	Longest run	Last 2 wks avg	Rst pulse 2 mile	Str pulse	Work Group	
✓	JOHN WELLER	SOPH	40	6	1	90	186	2	30
✓	PAT BARRY	"	80	5	2½	82	160	2	26
✓	PAT HAMEL	"	180	6½	4			2	33
NO	DAVE BYRNES	"	15	6	NONE	82	178	2	
NO	DREW HUNZECKER	"	26	6	NONE			2	20
NO	PETE MONAHAN	"	60	4	3	80	150	2	
✓	TIM TRUMAN	"	NONE	—	—	64	178	2	32
NO	PAUL BYNES	"	25	4	NONE			2	

JR

✓	CHRIS AIKIN	JR	20	3	3	52	156	2	
✓	JOHN BASLER	"	35	4	NONE			2	22

1992 SLUH Cross-Country Attendance Record

August

Sophomores	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	31	1	2	3	4
John Andres														76*	76*	74*	76*	74*					
Pat Barry														60*	58*	60	60	58*					
Dou Auer														70*	60*	54	60	60					
Tom Flanagan														66*	76*	62*	60*	64*					
Kevin Myers														58*	56*	54	58*	60					
Pete Monahan														64*	58*	60	64*	64*					
Matt Schuckmann														50	50*	56	50	68*					
Dave Byrnes														52	50*	66*	52	24*					
Steve Schlitt														62	60*	60	64	66					
Pat Hamel														56	62*	60	52	60*					
Paul Byrnes														72	68*	82	60	70*					
Drew Hunzeker														88*	76*	72	66	82*					
Rich Heulskoetter														70*	68*	66*	70*	75*					
John Weller														68	68*	70	70	68*					
Tim Truman														42	48*	42	70*	46					
Jamie Hallet														5	58*	5	74	62					
John Whitlock														60	58*	60	68	68*					
Steve Tranchilla														70*	64*	68	64	64*					
TIM DENNY (5 soccer practices)														66*	60*	62	62	62*					
Ben Goeke														68*	58*		64	60					
Freshmen																							
Joel Brown														56	64*	66*	60	58*					
John Caldwell														58*	60*	62	60	60					
Ben Duchek																							
Ben Duchek														66	64*	60	60	64*					
Ben Fanson														61	64*	62	62	63*					
David Grebel														70	68*	68							
Mike Harvath														58*	68*	64*	60	60					
John Johnson														58*	66*	58	60	64*					
Steve Kramer														58	62*	68	60	58*					
Kieth Meyers														66	54*	62	62	62*					
Brian McKay														68*	84*	62	68*	62*					
Tony Paster ?																							
Neil Smith														58*	82*	64	64*						
Shannon Yates														70*	48*		50	60					
John Emerit (soccer - 6 practices)														80*	68*		72	71					
Brian Perrin														106*	86*	80*	E						
Max Ferrigni														72*	102*	E	96*	46*					
John Sauter														72*	E		60	62*					
JOHN BAWNO (soccer 6 practices)																	✓ 60*						

E= Excused absence A= Unexcused absence

SLUH CROSS COUNTRY 1992 Attendance Record

August

meeting

[illegible]

Roger French

A= Unexcused E= Excused

SLUH CROSS COUNTRY 1992 Attendance Record

PRACTICE MON. 8/17

	1	2	3	4	5	TIME	STRESS RISE
Seniors							
John Dahlem	✓ 64*	64			58	4 35:24	148
Matt Dougherty	✓ E 50*		76		48	8	
Brad Sikorski							
Tim Fete	✓ 64*	68			64	4 34:01	110
Dennis Kopf	✓ 70*		60*		60*	1NS/2 14:45	160
Gene Marshall	✓ ✓	58	58		58	6 42:02	X
Pat Nahm			✓ 64*			4	
Chester Pidduck	✓						
Tim Probst	✓ 62*	60	50		50	8	
Matt Rollo	✓ 58*	54			52	6- 42:02	X
Mike Russo	✓ 64* E	62	E 60		54	8	
Chris Welling	✓ E 62*	62	64		64*	8	
Lou Tocco							
Shane McNamara							
PAT NAHM			80*			4 28:00	180
JACK KENNEBECK JR			72*		78*	6- 42:02	X
MATT McNAMARA JR			68*		74*	4 29:37	174
Juniors							
Matt Luechtmann							
John Basler	✓ 62*	64			66*	2 15:06	152
Steve Smith					✓	2 16:01	154
John Barnett							
Steve Bruska							
Matt Hasik	✓ 66*	70*	70*			6-	
Chris Finn							
Jack Kennebeck							
Dave Chlenski	✓ 66*	72*	70*		64*	4 31:22	148
Brian Esselman	✓ 72*				64*	4 15:42	158
Tim Rooney	✓ 58	60	66*		60	4 17:04	166
Chris Jones	✓ 56*	62*	65*				
J Hunzeker	✓ 64*	62	52		52	4 30:36	148
Dan Cornell	✓ 64*	54			64	4 29:57	180
Vito Favazza	✓ 72*	72*			108*	2 19:02	198
Chris Williams	✓ 62*	56*	56*		64*	4 29:57	164
Scott Marek							
Tom Schrenbeck		62*	54	62*	60*	4 27:26	168
Raj Griner	✓ 70*	66	70*		70*	8	
Dave Wolzenkel	✓ 66*	58	60		58	6-	
Chris Aiken	✓ 60*	50	58		58	X	

A=Unexcused E=Excused

SLUH CROSS COUNTRY 1992 Attendance Record

Seniors		22
John Dahlem	E	E 52 58
Matt Dougherty		48 E E
Brad Sikorski	Ⓢ	E V 68
Tim Fete		88 70*
Dennis Kopf		12
Gene Marshall		E V 98
Pat Nahm		72 78
Tim Probst		
Tim Probst		52 54 54
Matt Rollo		50 56
Mike Russo		50 58
Chris Welling		E V 66
Shane McNamara		
Shane McNamara		
Mike McNamara		
Juniors		
Ray Griner		70 40 70
John Basler		58 E 96
Steve Smith		60 76 58
Chris Aikin		54 62 58
Steve Smith		
Dave Wolzenski		60 56 60
Chris Finn		
Jack Kennebeck		V 76
Dave Chilenski		62 60 58
Brian Esselman		58 E 54
Tim Rooney		58 60 62
Chris Jones		52 52 66
J Hunzeker		70 90 48
Dan Cornell		70 V 60
Vito Favazza		40 E 90
Chris Williams		62 72 64
Tom Schoenbeck		50 48 54
JOHN BARRET		V E 68
Charlie Noonan		V 68 60
Mike Wadalawala		64 78 70
Mike		

1992

SLUH Cross-Country Attendance Record

WHAT VEHICLES DO WE NEED? WHEN?

g = Avg

Sophomores	2021
John Whitlock	13.6 82
Pat Barry	50.96 96
Dou Auer	56.60 54
Tom Flanagan	68.95 56
Kevin Myers	66.60 98
Pat Barry	
Pete Monahan	58.60 62
Matt Schuckmann	50.50 56
Dave Byrnes	65.5 52
Steve Schlitt	62.96
Pat Hamel	66. E 70
Paul Byrnes	58.5 41
Drew Hunzeker	72.7 42
Rich Heulskotter	74.72 70
Tim Denny	
John Andres	68.70 56
John Weller	70.66 60
Tim Truman	50.64 46
Jamie Hallet	✓ ✓
Ben Goke	66
BEN GOKER	✓ 68*
Freshmen	
Joel Brown	56.60 41
John Caldwell	69.60 60
Sean Callahan	
Ben Duchek	48.5 66
Ben Fanson	67.66
David Grebel	62.66
Mike Harvath	60.72 68
John Johnson	60.64
Steve Kramer	54.62
Kieth Meyers	66.62 62
Brian McKay	60.64 70
Tony Paster	
Neil Smith	48.70 76
Shannon Yates	72.66

Date: _____

 $4/2 \quad 3/2$ [illegible]

Date:

 $6/4 \quad 4/3$ [illegible]

Wednesday Aug 19th 1992

Name	Rest pulse	Push-ups	pace goal	Distance	goal time	Finish time	Stress pulse
D. BYRNES				1 mile		8:39	170
HUELSHUTTER						8:50	168
P. BYRNES						8:39	206
ESSELMANN						6:47	148
WADALAWALA						6:49	170
NOONAN						6:44	142
WHITLOCK						7:49	188
ANDREER						7:13	158
SMITH						7:54	172
BARRETT						7:02	170
GOEKE						6:56	152
HALLET						8:13	188
BROWN						6:30	170?
CALDWELL						7:35	175
DUCKER				(stopped to tie his shoe)		7:14 *	165?
FANSON						6:25	170?
GREBEL						7:30	172
HARVATH						6:55	170?
JOHNSON						7:14	164
KRAMER						7:30	182
MYERS						7:15	176
MCKAY						7:30	188
SMITH						7:30	168
YATES						6:32	170?

(2nd mile)
(2nd mile)
(2nd mile)
(2nd mile)
(1 mile)
(2nd mile)
(1st of 2nd mile)
(1 mile)
(1st of 2 miles)
(1st of 2 miles)
(1 mile)
(2nd mile)

Did we do a full mile?
(close to it, I think)

about 15 sec. short of a mile

THURS AUG 13TH
~~WED~~

FARTLEK
 AT ICE RINK 40-30-20-15
 AREA
 SAT AUG 15

210-8-6-4

LAPS AROUND
 ARCHERY FIELD

FRI
 AUG
 14

+
 cocksey
 circuits

Name	Course	per mile pace	pulse	Notes	Group	min run	pulse
#1 ✓ Probst	6 mi	6:07	158(1)	40		40	
✓ Russo	"	6:25	172(3)	40		40	
✓ Dougherty	"	6:53	174(6)	40			
Welling	"	6:54	150(2)	40			
✓ Griner	"	6:26	184(6)	40			
✓ Jones	"	6:28	176(4)	40			
#2 ✓ Hamel	4 mi	6:46	166	30			
✓ Myers	"	6:40	164	30			
✓ Schuckmann	"	6:41	172	30			
Hasik	"	7:17	194	30			
Rollo	"	7:05	184	30			
#3 - Kopf	2 mi	7:00	180	2 1/2 EASY			
Dahlem	"	7:54	168	20			
Fete	"	6:40	160	30			
✓ Wolzenski	"	6:35	144	30			
Atkin	"	7:03	136	30			
Basler	"	7:20	192	20			
✓ Cornell	"	6:40	200	30			
J Hunzeker	"	7:16	154	30			
Favazza	"	10:32	172	15			
Williams	"	6:40	172	30			
Rooney	"	7:09	200	20			
Chilenski	"	7:16	158	30			
Schoenbeck	"	6:45	166	30			
Auer	"	6:49	172	30			
Schlitt	"	6:38	182	30			
✓ Weller	"	6:35	156	30			
Barry	"	7:22	170	20			
Dave Byrnes							
Paul Byrnes							
Drew Hunzeker	"	9:21	158	20			
Pete Monihan	"	8:00	164	20			
Tim Truman	"	8:00	174	X			
✓ Gene Marshall	"	6:55	176	30			
✓ Tom Flanagan	"	6:36 R		30			
		(hurt on second loop)					
SAT WADALAWALA				20			
NAUM				20			
KENNEBECK				30			

Runners
 ran 90 sec hard
 runs at 5 min
 marks of run

Repeat Twos

TUES
8/18

JOE STEIN
SHOW 2
RUN 2
RUN 2
306 to MR

Name	wrkout	2 mile	2 mile/1	2 Mile/1	Stress Pls	2-1 mile
Matt Dougherty	✓	13:27		13:41		
Gene Marshall	✓	13:34		14:40		
Tim Probst	✓	12:39(20)		12:26		
Matt Rollo	X	14:00		16:02		
Chris Welling	X	15:20		16:02		
Mike Russo	✓	13:13		13:40		
Ray Griner	✓	12:50		12:54		
Dave Wolzinski	✓	14:01		14:03		
Tom Flanagan	✓	13:36		14:06		
Karin Myers	✓	12:54		13:06		
Pat Hamel		14:03		14:18		
Matt Schuckmann	✓	13:09		13 14:07		
Don Cornell		13:59		14:22		
Chris Williams		14:01		14:10		
Tom Schoenbeck		14:00		14:12		
John Weller	✓	13:45		14:41		
Steve Schlitt		14:01		14:55		

AUG. 19 WED

~~NOTE~~: jog/stretch/110's/course/jog/stretch

	Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
PERIMETER	PROBST		1			48:18	134
	RUSSO		"			48:18	156
	WELLING		"			X	X
	GRINER		"			48:18	142
	JONES		"			48:18	150
	MEYERS		"			48:18	154
INTERIOR	POUGERTY		2			36:00	156
	HAMEL		"			36:09	170
	FLANAGAN		"			36:33	136
	SCHUCKMANN		"			40:50	152
	WOLZENSKI		"			35:08	168
	ROLLO					30:56	174
	WILLIAMS					38:16	168
	WELLER					40:50	186
	MOERSTTER		3				
	ANDRES DAN		3				
4 MILE	TALLETT JAMIE		3				
	ROLLO MIKE		3				
	BASLER DAN		3			37:24	162
	CORNELL DAN		"			37:24	180
	AIKEN CHRIS		"			37:22	170
	J. HUNZEKER		"			37:22	160
	D. HUNZEKER		"			47:21	180
	SCHLITT STEVE		"			37:22	166
	BARRY PM		"			38:41	145
	AUER DOVE					37:22	154
	SCHOENBECK TOM					37:22	154
	CHILENSKI DAVE					37:22	160
	WELLS CHRIS						
	FETE TIM					43:21	
	PAUL BYRNES						
	DAVE BYRNES						
	WELLS JOHN						
	MONAHAN PETE					38:41	170
	SMITH STEVE						
	TRUMAN TIM					40:10	183
2.5 MILE	ROONEY TIM					37:43	180
	DAHLEM JOHN					43:21	164
	KOPF		4			13:00	?
	FAVAZZA		"			16:38	?

8.22.92

Name	Per mile pace at mid range pulse	recorded pulse	Work Group order	Notes
PROBST	6:07 (6:05)	158		
RUSO	6:25 (6:30)	172		
GRINER	6:26 (6:35)	184		
JONES	6:28 (6:35)	176		
DOUGHERTY	6:53 (6:55)	174		
WELLING	6:54 (6:56)	150		
HAMEL	6:46 (6:45)	166		
MYERS	6:40 (6:40)	164		
SCHRAMMANN	6:41 (6:45)	172		
FLANAGAN	6:36 (6:40)			
ROLLO	7:05 (7:10)	184		
WELLER	6:35 (6:35)	156		
MARSHALL	6:55 (6:55)	176	28:00	110
SCHLITT	6:38 (6:45)	182		
WOLZANSKI	6:35 (6:30)	144	7 / 13:45 / 28:05	156
CORNELL	6:40 (6:50)	200	28:04	196
FETE	6:40 (6:40)	160		
WILLIAMS	6:40 (6:45)	172	6:20 / 13:50 hole	148
SCHENBERG	6:45 (6:45)	166	6:17 / 13:15 / 26:54	176
AYER	6:49 (6:50)	172	6:30 / 14:15	164
NOONAN	6:41 (6:35)	142	6:18 / 13:28	150
WADSWORTH	6:49 (6:50)	170	6:17 / 13:16 / 27:19	170
ESSELMAN	6:47 (6:45)	148	6:17 / 13:51	168
GOERZ	6:56 (6:50)	152		
KOPF	7:00 (7:10)	180		
AIKIN	7:03 (7:00)	136	32:55*	152
ROONEY	7:09 (7:15)	200	6:39 / 14:10 / 28:53	200
J. HENZLER	7:16 (7:10)	154	6:30 / 13:48 / 28:39	160
CHALKSKI	7:16 (7:15)	158	6:20 / 13:30 / 28:15	150
BASLER	7:20 (7:25)	192	6:40 / 13:40	150
BARRY	7:22 (7:25)	170	6:45 / 14:40	162
DAKEM	7:54 (7:55)	168		
P. MONTAN	8:00 (8:00)	164	7:37 / 14:37 / 32:54	170
TRUMAN	8:00 (8:05)	174	7:40 / 16:24 / 32:57*	180
HARRANDRES	7:13 (7:10)	158	6:35 / 14:13	140
BARRETT	7:02 (7:05)	170	32:54*	165
WHITLOCK	7:49 (8:00)	188	6:50 / 15:00 *	188
SMITH	7:54 (8:00)	172	7:13 / 16 - / 32:54*	192
MALLET	8:12 (8:20)	188		
D. BYRNES	8:39 (8:40)	170	9:14 / 18:13 **	166
P. BYRNES	8:39 (8:50)	206	8:21 / 17:55	184
HALLGATER	8:50 (8:50)	168	8:45 / 19:10 *	174
D. HENZLER	9:21 (9:20)	158	9:20 / 17:53	180
NAHM*	(8:50)		26:42	186
FANSON	6:40 (6:40)	155		
BROWN	6:45 (6:50)	170	6:30 / 14:46	146
MONTGOMERY	6:47 (6:50)	170	6:32 / 13:28	165
M. HARVATH	6:55 (7:00)	170	6:30 / 13:36	160
DUCHER	7:30 (7:30)	165	6:45 / 13:34	150
JOHNSON	7:30 (7:30)	164		
CALDWELL	7:50 (7:55)	175	6:33 / 13:35	174

over

bad
stitch

MEYERS	7:45 (7:50)	176	7:19 / 15:00	136
SMITH	8:00 (8:00)	168	8:15 / 18:15	178
McKAY	7:50 (8:00)	188	7:46 / 10:30	164
GREBEK	8:00 (8:05)	172		
KRAMER	8:00 (8:05)	182		
SIKORSKI	(6:50)			
FAVAZZA	(9:20)			
KENNEBECK	(6:50)			

Date: 8/24

Name	wrkout	2 mile	2 mile/1	2 mile/1	Stress Pulse	2-1 mile
Probst		✓12:12	✓12:42	✓16:49	170	1
Meyers		✓12:44	✓13:26	✓6:35	174	176
Dougherty		✓13:41	✓14:52		178	176
Wong						
Griner		✓12:39	✓13:13	✓16:01	182	200
Jones		✓13:00	✓13:28		160	176
Russo		✓13:04		✓6:48	178	
Flanagan		✓12:57	✓13:46		142	
Schuckmann		✓13:25	✓13:52		180	184
Wolzenski		✓15:14		✓7:10	140	164
Marshall		✓13:59		✓7:48	164	
Schoenbeck		✓14:20		✓6:36	168	
Kennebeck		✓13:00		✓6:18	186	
Weller		✓15:04		✓7:05	188	196
Nahm		✓14:10	✓14:22		186	198
Noonan		✓14:28		✓6:50	150	
Wadalawala		✓14:03	✓14:38		180	180
Rollo		✓13:57		✓7:02	186	
Fete		✓14:40		✓	168	
Hamel		✓12:50		✓6:25	172	
Cornell		✓14:15		✓	200	
Aikin		✓DONT	FINI	SM		
J Hunzeker		✓14:04		✓6:58	150	
Wong						
Schlitt		✓14:55		✓7:27	196	
Chilenski		✓14:11	✓15:11		162	160
R. BENM (LEGEND)		✓12:41	12:36	5:55	160 or 50	
REST OF SQUAD ON T. med O.D. RUN						

1 MILE
PULSE

208

188

180

171

Date: 8/25

Course: BELOW

Name	Group/time	F/interval	Duration	stress pulse	cool down jog	Notes
8 mile						
Griner	✓	58:24	178			
Russo	✓		170			
Jones	✓		170			
Probit	✓		148			
Myer Kew	✓		150			
6 mi						
Kannebeck	✓					
Flanagan	✓					
Nadine	28:30 (4)	194				
Rolls	40:41	154				
Marshall	✓					
Dougherty	40:41	162				
Samuel	✓					
Schuchmann	✓					
Schlitt	✓					
Weller	✓					
Wodanowski	✓					
Chilinski	✓					
Brown	✓					
Hornath						
Willing	✓					
4 mile						
Williams	28:35 (4)	176				
Esselmen	16:38 (2 mi)	168				
Rooney	19:00 (2 mi)	(160) -	36:03	178		
Fila	19: - (2 mi)	(140)				
Barrett	19:07 (2 mi)	(158)				
Smith, S.	19:07 (2 mi)	(154) -				
Hungler, J.	✓					
Cornell	33:05 (4)	190				
Basler	15:15 (2)	(160) -	15:46	150		
Dahlen	19:48 (2 mi)	158				
Kasperbeck	15:42 (2 mi)	(152) -	15:46 (2)	160		
Keenan	15:42 (2)		15:46 (2)	152		
Morahan	19:30 (2)	165 -	27:40	172		
Berry	24:40 (3)	162				
Irman	19:30 (2)	145 -	27:40	166		
Senny	14:30 (2)	165				
Andre	15:30 (2)					
Giblin	19:01 (2 mi)	(160) -				
Wolynski	19:06 (2 mi)	(160)				

Names	Course	split	finish	stress pulse	rec pulse	Notes
Hallett	24:15	(150)				
Wetlock	26:20	188				
Jensen						
Herschmitter	20:10 (2)	165				
Nyren Kueh	15:20 (3)	166				
Yates, Lynn	23:45 (3)	152				
Tanson	23:35 (3)	144				
Davath	15:23 (2)	(142)				
Johnson	23:00 (3)	-				
Auer	17:40 (2m)	(160)				
Boston						
Humphreys D	20:00 (2)	(186) -	164 -			
Byrnes P	20:00 (2)	209				
Byrnes O	8:00 -	(2) 774				
Mack	19:04	178				
Kramer	19:04	172				
Grehel	16:50	160				
Suchak	15:10	164				
Leuchtman	15:23	160				
Perrin	"	168				
Fersigni		152				
Tranchilla	15:20	162				
Smith N.	20:00	192				
Emert	15:20	140				
Caldwell	15:37	150				
Butler	15:03	140				
Boehr						
B						

2 mile

1 mile

Aug 26: jog/stretch/110's/course/jog/stretch

	Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
#1	PROBST				6"	36:40	158
	RUSSO					38:30	172
	DOUGHERTY					41:39	174
	WELLING					41:40	150
	GRINER					38:34	184
	JONES					38:49	176
#2	HAMEL					27:04	166
	FEANAGAN				4		
	MYERS				"	26:40	164
	MARSHALL				"		
	ROBBARQ				"		
	ESSELMANN				"		
	SCHUCKMANN				"	26:45	172
	HASIK				"	29:07	194
#3	ROLLO					28:19	184
	KOPF				2	14:09	180
	DARBYM				2	15:49	168
	ROLLO						
	FETE				2	13:20	160
	PIDDUCK						
	WOLZENSKI				2	13:11	144
	AIKIN				2	14:07	136
	BASLER				2	14:40	192
	CORNELL				2	13:20	200
	J HUNZAKER				2	14:33	154
	FARAZZA				2	21:04	172
	WILLIAMS				2	13:20	172
	ROONEY				2	14:18	200
	CHIBUSKI				2	14:33	158
	Tom Schoenbeck				2	13:30	166
	Auer				2	13:38	172
	Schlitt				2	13:17	182
	John Weiler				2	13:11	156
	Berry				2	14:45	170
	Dave BYRNES						
	Dave Hunzeker				-2	18:43	158
	Pete Monahan				2	16:01	164
	Tim Truman				2	16:01	174
	Dave BYRNES						
	MARSHALL				2	13:50	176
	FLANAGAN				2	13:13	x

Names			Stress pulse	Time	Names			Stress pulse	Time
Group A1(hills)-12					Group B2(4 mile B.P.)				
56	Probst				Dahlem	178	29:49	54	
	Russo				Flowers				
52	Welling				Jaskiewicz				
62	Griner				Basler	180	30:39	63	
54	Jones				French				
58	Myers				Leuchtman	196	33:32	68	
Group A2(hills)-10					S. Smith (5.1 mi)			58	
50	Dougherty				Barry	156	33:33	66	
50	Marshall				D. Byrnes skins			56	
64	Flanagan				P. Byrnes	196	38:11	64	
58	Hamel				Hallett	180	32:50	50	
Group A3(5.1 interior)					Heulskotter	160	41:37	74	
76*	Nahm	knee			D. Hunzeker	186	38:11	70	
50	Kopf	knee			Monihan	166	33:57	58	
64	Cornell		180	39:11	Trancilla	205	31:40	78*	
	Kennebeck	allergies			Truman	160	31:11	40	
(stopped twice)	Schoenbeck		182	34:11	Whitlock		42:08	62	
got lost on	Williams		176	34:22	Group C1(4 miles B.P.)				
course	Wolzenski	bad ankle			Brown	152	29:25	62	
	Schuckmann		180	34:22	Caldwell	184	30:11	66	
	Denny		178	36:23	Duchek				
	Goeke		115	41:24	Fanson	160	29:25	64	
Group B1(5.1 interior)					Ferrigni	192	29:55	78*	
56	Fete		160	37:22	Harvath	185	30:12	60	
58	Rollo		202	34:50	Johnson (5.1)	184	36:43	54	
60	Barrett			49:34	Myers	178	35:00	60	
56	Chilenski		152	36:40	Yates				
	Esselmann		162	36:26	Group C2(Mung 2.7)				
58	Hadian		164	39:11	Bruno	180	22:40	58	
46	Hunzeker	152		39:11	Emert	168	22:43	72	
58	Rooney (no shoes - bad knee)				Grebel (quit?)				
76*	Wadalawala		182	34:44	Kramer	186	22:44	60	
74*	Andres		125	41:24	McKay	183	23:33	60	
62	Aikin		156	47:58	Perrin	189	23:22	66	
64	Auer		162	35:08	Sauter (4 miles)	160	30:34	62	
66	Schlitt		186	35:15	Smith (quit)				
64	Weller		190	35:17	STEINER			64	

Names	ss goal	Pulse/ Time	Names	ss goal	Pulse/ Time
Group A1 7.6		162	Group B2		
Probst	7.6	49:49/162	Dahlem	6.2	52:30/162
Russo	—	—	Basler	6.2	50:50/166
Welling		51:42	French		
Griner		57:34/176	Leuchtmann		
Adams			S. Smith	5.2	41:10/198
Myers	7.6	50:17/168	Barry		
Group A2 6.2			D. Byrnes	9	53:20/176
Dougherty	7.6	57:34/168	P. Byrnes	4.5	43:16/168
Marshall	6.2	46:17/158	Hallett		40:59
Flanagan	6.2	44:22/144	Heulskotter	4.5	48:16/166
Hamel	7.6	54:57/136	D. Hunzeker		
Group A3			Monihan	4.5	42:32/160
Nahn		32:12	Trancilla	5.2	41:10/148
Kopf	—	—	Truman	4.5	42:32/168
Cornell	6.2	51:58/160	Whitlock		
Kennebeck	7.6	57:34/182	Group C1		
Schoenbeck	6.2	50:50/148	Brown	5.2	40:31/126
Williams	—	—	Caldwell		31:22/158
Wolzenski	—	—	Duchek	—	—
Schuckmann	6.2	44:22/108	Fanson	5.2	35:18/166
Denny	—	—	Ferrigni	5.2	44:09/168
Goeke	—	—	Harvath	5.0	36:23
Auer	6	51:20/150	Johnson	5.0	36:22/170
Schlitt	6.2	45:05	Myers	5.2	40:32/140
Hadican	6.2	50:50/174	Yates		
Hunzeker	6.2	51:58/158			
Weller		45:23	Group C2		
Group B1			Bruno		36:00/123
Fête	6.2	52:25/175	Emert		29:45/110(R)
Rollo	—	—	Grebel		
Barrett	6.2	1:03:52/173	Kramer	5.2	40:31/182
Chilenski	6.2	44:56/158	McKay	4.0	37:20/127
Esselmann	6.2	50:50/158	Perrin		
Rooney	—	—	Sauter		29:45/104(R)
Wadalawala	6.2	44:27/160	Smith		
Andres	5.2	40:58/160	Smith		
Aikin	6.2	1:03:52/158	FLOWERS	4.0	34:55/144

Repeat Two's- Ones; Ear

Date: 9/2/92

01 { 2 MILE LOOP
AND LAKE AREA
1 MILE LOOP

Name	2 mile	1 mile	1 mile	1 mile	Stress	Name	2 mile	1 mile	1 mile	1 mile	Stress
Group A1	✓	✓	✓	✓	✓	Group B2	X	✓	✓	✓	✓
Probst +	11:13	5:46	5:47	5:44	176	Dahlem		6:59	7:22	7:29	178
Russo						Basler		6:45	7:19	7:15	150
Welling -	13:30		7:15	7:22		French					
Griner +	12:00	-	5:48	6:02		Leuchtman					
Jones +	11:59	6:07	6:02	6:09	170	S. Smith	← 14:17	7:23	8:07		178
Myers +	12:01	6:09	6:10	6:29	168	Barry					
Group A2	✓	✓	✓	✓	✓	D. Byrnes		8:03			186
Dougherty						P. Byrnes		8:03			
Marshall						Hallett					
Flanagan -		6:24	7:50			Heulskoetter		7:43	8:31		184
Hamel ✓	12:05	6:23	6:35	6:30	166	D. Hunzeker		7:51	8:24		192
Group A3	✓	X	✓	✓	✓	Monihan		7:13	7:25	7:27	170
Nahn						Trancilla		7:15	7:46	8:01	186
Kopf						Truman	7:13 →	7:41	7:44		180
Cornell ✓	13:02		6:30	6:50	198	Whitlock					
Kennebeck						Group C1	X	✓	✓	✓	✓
Schoenbeck +	12:23		6:11	5:49	156	Brown	6:24		6:18	6:46	162
Williams -	14:26		7:06	7:07	180	Caldwell	6:49		7:03		186
Wolzenski						Duchek	6:40				
Schuckmann ✓	12:05		6:12	6:27	184	Fanson	6:23		6:18		164
Denny ✓	12:18		6:14	6:37	172	Ferrigni	6:27		7:50	6:34	192
Goeke ✓	13:23		6:22	6:45	162	Harvath	6:52		6:48	6:58	180
Group B1	✓	X	✓	✓	✓	Johnson	6:43		7:20	7:24	160
Fete						Myers	6:48		7:11		164
Rollo ✓	13:07		6:25	6:30	163	Yates					
Barrett -	15+		7:27		183	Group C2	X	X	✓	✓	✓
Chilenski ✓	12:36		6:32	6:49	164	Bruno	7:15		→	7:34	180
Esselmann ✓	12:32		6:01		184	Emert	6:43		→	7:01	180
Hadican	12:53	6:16	7:00		198	Emert					
Hunzeker ✓	13:02		7:18	✓	160	Kramer	6:53		→	6:54	194
Rooney	13:24		6:41		180	McKay	7:47		→	8:23	183
Wadalawala	12:34		6:24	6:28	184	Perrin	7:43		→	7:51	196
Andres	14:18		✓	✓		Sauter	7:07		→	6:48	144
Aikin	14:44		7:15		156	Smith					
Auer	12:22		6:17	6:27	160	Steiner			7:41	8:15	180
Schlitt	12:33		6:40	6:56	180						
Weller	12:26		6:23	6:55							

- JOG TO LAKE AREA
- CAL STRETCH-CAL GET COUNT
- ~~WARM UP~~ DO SPRINT WARM UPS
- RUN REPEATS
- GROUP A1: JOG AVIATION & IN A2
- GROUPS B & C & A3: JOG ALL THE WAY IN
- CAL STRETCH-SHOWER

9/4/92 FARTLEK RUN

90 SEC RUN
3 1/2 MIN INT

Group A1	SS Goal Pace	Group B2	30 min	SS Goal Pace
✓ Probst ✓ 50 min-5		✓ Dahlem ✓		
✓ Russo ✓		⊙ Basler ✓		
✓ Welling ✓		Basler		
✓ Griner ✓		X Leuchtmann ✓		
✓ Jones ✓		✓ S. Smith ✓		
✓ Myers ✓✓		✓ Basler		
Group A2 40 min		✓ D. Byrnes -		
✓ Dougherty ✓		✓ P. Byrnes ✓		
✓ Marshall ✓		✓ Hallett ✓		
✓ Flanagan ✓		✓ Heulskoetter ✓		
✓ Hamel ✓		Heulskoetter		
Group A3 40 min		✓ Monihan ✓		
X Nahm -		✓ Trancilla ✓		
X Kopf ✓		✓ Truman ✓		
✓ Cornell ✓		✓ Whitlock ✓		
✓ Kennebeck ✓		Group C1 25 min		
✓ Schoenbeck 0 ✓		Δ Brown		
✓ Williams ✓		Δ Caldwell		
X Wolzenski ✓		Δ Duchek		
✓ Schuckmann 0 ✓		Δ Fanson		
✓ Denny 0 ✓		Δ Ferrigni		
✓ Goeke ✓		Harvath		
✓ Auer ✓		Johnson		
✓ Schlitt 0 ✓		Myers		
✓ Hadican 0 ✓		Yates ?		
✓ Weller ✓		Group C2 20 min		
Group B1 35 min		Bruno		
⊙ Fete ✓		Emert		
□ Rollo ✓		Emert		
⊙ Barrett ✓		Kramer		
⊙ Chilenski ✓		McKay		
⊙ Esselmann ✓		Perrin		
⊙ Hunzeker ✓		Sauter		
⊙ Rooney ✓		Smith		
⊙ Wadalawala ✓				
X Andres ✓				
⊙ Aikin ✓				

-
- JOG TO STEIN
 - CAL/STREET
 - FARTLEK RUNS
 - COOL DOWN TO PATAIN
 - JOG/WALK IN
-

Date:

Date: 9/17/92

Name	Goal	1	2	3	4	5	6	7	Name	Goal	1	2	3	4	5	6	7
Group A1		✓	✓	✓	✓	✓	✓	1/4	Group B2		✓	✓	✓	✓	1/4	X	X
Probst		2:37	2:37	2:39	2:37	2:37	2:25	1:11	Dahlem		2:59	2:54	3:11	3:21	1:27		
Russo		2:45	2:47	2:50	2:49	2:50	2:51	1:15	Basler		3:07	3:09	3:11	3:13	1:15		
Welling		2:52	3:05	3:05	3:18	3:21	3:07	1:12	French								
Griner		2:47	2:49	2:50	2:51	2:48	2:47	1:16	Lauchtmann								
Jones		2:38	2:47	2:48	2:50	-	2:42	1:12	S. Smith		2:54	3:02	2:58	3:04	1:20		
Myers		2:38	2:39	2:43	2:41	2:42	2:41	1:10	Barry								
Group A2									D. Byrnes		3:21			3:38	1:39		
Dougherty		2:38	2:42	2:41	2:40	2:40	2:39	1:11	P. Byrnes		3:3	3:14	3:32	3:50			
Marshall		2:44	2:58	3:00	3:01	3:02		1:14	Hallett		2:40	2:56	3:06	3:10	1:20		
Flanagan		2:32	2:41	-	2:46	2:58	2:48	1:14	Heulskoetter		3:05	-	3:07	3:46	1:23		
Hamel		2:45	2:43	2:45	2:45	2:45	2:45	1:14	D. Hunzeker								
Group A3	✓	✓	✓	✓	✓	✓	1/4	X	Monihan		2:59	3:04	3:09	3:14	1:24		
Nahm		2:56	2:58	2:56	2:58	2:54	1:18		Trancilla		2:55	3:11	3:23	3:31	1:24		
Kopf		2:52	2:58	3:21	3:21	3:20	1:17		Truman		2:54	2:56	3:04	3:15	1:30		
Cornell		2:53	2:57	2:54	2:58	2:58	1:20		Wentlock								
Kennebeck		2:47	2:46	2:46	2:47	2:47	2:44	1:15	Flowers		3:22						
Schoenbeck		2:47	2:50	2:49	2:59	2:56	1:18		Group C1	✓	✓	✓	✓	X	X	X	
Williams		2:47	2:57	3:04	3:02	3:08	1:20		Brown		2:40	2:44	2:49		1:19		
Wolzenski		-	-	-	-				Caldwell		2:50	2:43	2:49	3:28			
Schuckmann		2:48	3:00	3:04	3:03	3:10			Duchek								
Denny		-	-	-	-				Fanson		2:39	2:47	2:49	2:54			
Goeke		2:54	2:56	2:58	2:46	2:45	1:28		Ferrigni		-	-	-				
Auer									Harvath		2:56	3:01	2:59		1:22		
Schlitt		2:50	2:56	3:03	3:03	3:02	1:20		Johnson		2:55	2:59	2:59	3:11			
Hadican		-	-	-	-				Myers		3:05	3:02	3:07	3:13	1:25		
Hunzeker		2:53	2:57	2:57	2:56	2:55	1:22		Yates		2:56	2:57	-				
Weller		2:39	2:58	2:54	3:06	2:54	1:10										
Group B1	✓	✓	✓	✓	1/4				Group C2	✓	✓	✓	✓	1/4			
Fete		2:40	2:48	3:15	2:58	1:15			Bruno		3:18	3:15	3:20	1:29			
Rollo		2:52	2:58	2:50	2:49	2:49	1:14		Emert		2:49	2:56	3:07	3:04			
Barrett		3:01	3:05	3:21	-	1:17			Wentlock								
Chilenski		2:52	2:53	2:56	2:58	2:56	1:20		Kramer		2:56	2:58	2:59	1:24			
Esselmann		2:52	2:54	2:57	2:55	1:18			McKay		3:19	3:30	3:20	1:21			
Rooney		3:01	3:01	3:05	3:01	1:20			Perrin		3:24	3:32	3:35	1:35			
Wadalawala		2:47	2:52	2:54	2:54	1:19	1:22		Sauter		2:55	2:49	3:02	1:18			
Andres		2:59	3:03	3:11	3:06	1:25			Wentlock								
Aikin		2:55	2:59	3:09	-	1:28											

CROSS COUNTRY TIME SHEET

DATE

Times at Mile — Check One — 1 () 2 () 3 () 4 () 5 () 6 () Final ()

Number	Number	Number	Number	Number	Number	Number
:00	:00	:00	:00	:00	:00	:00
:01	:01	:01	:01	:01	:01	:01
:02	:02	:02	:02	:02	:02	:02
:03	:03	:03	:03	:03	:03	:03
:04	:04	:04	:04	:04	:04	:04
:05	:05	:05	:05	:05	:05	:05
:06	:06	:06	:06	:06	:06	:06
:07	:07	:07	:07	:07	:07	:07
:08	:08	:08	:08	:08	:08	:08
:09	:09	:09	:09	:09	:09	:09
:10	:10	:10	:10	:10	:10	:10
:11	:11	:11	:11	:11	:11	:11
:12	:12	:12	:12	:12	:12	:12
:13	:13	:13	:13	:13	:13	:13
:14	:14	:14	:14	:14	:14	:14
:15	:15	:15	:15	:15	:15	:15
:16	:16	:16	:16	:16	:16	:16
:17	:17	:17	:17	:17	:17	:17
:18	:18	:18	:18	:18	:18	:18
:19	:19	:19	:19	:19	:19	:19
:20	:20	:20	:20	:20	:20	:20
:21	:21	:21	:21	:21	:21	:21
:22	:22	:22	:22	:22	:22	:22
:23	:23	:23	:23	:23	:23	:23
:24	:24	:24	:24	:24	:24	:24
:25	:25	:25	:25	:25	:25	:25
:26	:26	:26	:26	:26	:26	:26
:27	:27	:27	:27	:27	:27	:27
:28	:28	:28	:28	:28	:28	:28
:29	:29	:29	:29	:29	:29	:29
:30	:30	:30	:30	:30	:30	:30
:31	:31	:31	:31	:31	:31	:31
:32	:32	:32	:32	:32	:32	:32
:33	:33	:33	:33	:33	:33	:33
:34	:34	:34	:34	:34	:34	:34
:35	:35	:35	:35	:35	:35	:35
:36	:36	:36	:36	:36	:36	:36
:37	:37	:37	:37	:37	:37	:37
:38	:38	:38	:38	:38	:38	:38
:39	:39	:39	:39	:39	:39	:39
:40	:40	:40	:40	:40	:40	:40
:41	:41	:41	:41	:41	:41	:41
:42	:42	:42	:42	:42	:42	:42
:43	:43	:43	:43	:43	:43	:43
:44	:44	:44	:44	:44	:44	:44
:45	:45	:45	:45	:45	:45	:45
:46	:46	:46	:46	:46	:46	:46
:47	:47	:47	:47	:47	:47	:47
:48	:48	:48	:48	:48	:48	:48
:49	:49	:49	:49	:49	:49	:49
:50	:50	:50	:50	:50	:50	:50
:51	:51	:51	:51	:51	:51	:51
:52	:52	:52	:52	:52	:52	:52
:53	:53	:53	:53	:53	:53	:53
:54	:54	:54	:54	:54	:54	:54
:55	:55	:55	:55	:55	:55	:55
:56	:56	:56	:56	:56	:56	:56
:57	:57	:57	:57	:57	:57	:57
:58	:58	:58	:58	:58	:58	:58
:59	:59	:59	:59	:59	:59	:59

Darby RACE Circuits 9/21

DONOHUE 4:54 (5)

FETE 4:51 (3)

MARSHALL 4:50 (2)

WILLING 5:21

KLAMAGAN 5:01 (4)(10)

CH. LANSKI 5:17 (12)

KEMBECK 5:00 (8)

WEILER 5:25 (13)

BRIANK 5:05 (11)

NAMM 5:23 (13)

SCHOENBECK 4:51 (4)

KUSSO 5:00 (9)

PRUBST 4:46 (1)

HENZLER 5:25 (14)

GRINER 4:59 (7)(7)

MYERS 4:57 (4)(6)

400's Race Pace

800m 1200m

11:12 13:15

2laps 3laps

FUN DAY!

LONG PACE

FUN DAY: *																		Goal PACE			
	Goal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
Probst	18											2:42	4:03	76	76	67	3.1			82	
Russo	18	85	82	82	83	82	82	80	79	79	81	2:43	4:13	78	76	67		17:30		84	
Welling	18	86	83	85	84	84	85	84	83	83	84	2:45	4:14	79	79	72		18:15		88	
Griner	18	87	84	84	83	84	84	83	83	84	85	2:48	4:15	80	81	74		17:30		84	
Jones	18	85	82	82	83	82	83	82	81	82	84	2:45	4:12	79	79	69		17:30		84	
Myers	18	81	81	81	80	81	80	80	79	78	80	2:42	4:06	77	76	67		17:30		84	
Dougherty	18	83	82	81	81	82	81	80	80	79	81	2:43	4:09	79	76	68		17:20		83	
Marshall	16	85	84	84	84	84	84	84	83	84	86	2:46	4:40	66				17:30		84	
Flanagan	16	88	86	86	86	86	86	84	84	84	85	2:47	4:12	75				18:30		89	
Hamel	16	84	82	82	83	83	84	83	83	83	85	2:47	4:12	75				17:30		84	
Nahn	16	87	86	87	88	86	86	86	86	87	87	2:52	4:25	72				18:15		88	
Kopf	14	88	91	91	89	88	91	89	88	89	89	88	88	88				18:50		90	
Cornell	X	82	91	92	89													18:50		90	
Kennebeck	16	86	82	81	81	82	81	80	80	80	82	2:43	4:10	67				17:20		83	
Schoenbeck	16	85	83	83	84	84	85	84	83	83	84	2:45	4:15	70				18:00		86	
Williams	16	87	86	84	85	84	85	84	83	84	84	2:42	4:12	72				18:00		86	
Wolzenski	14	84	92	90	86	85	89	80	87	90	90	90	88	88	86			19:00		91	
Schuckmann		85	82	81	83	84	84	83	84	83	85							17:30		84	
Denny	74	83	85	86	87	87	89	83	85	87	88	87	89					18:30		89	
Goeke	74	89	90	90	89	87												18:30		89	
Auer	14	86	89	89	89	87	89	86	86	88	89	87	84	87	74			18:30		89	
Schlitt	16	89	88	87	89	87	85	87	86									18:45		90	
Hunzeker																					
Hunzeker	16	87	91	89	90	89	91	89	89	89	89	89	90	89	89	87	79	19:00		91	
Weller	16	85	90	90	90	77												18:45		90	
Fete	16	85	87	87	85	85	83	85	85	86	84	85	85	86	84	82	73	18:45		90	
Rollo	16	87	90	88	90	87	90	88	88	88	88	87	87	88	86	87	78	19:00		91	
Barrett	14	82	91	92	88	90	90	90	88	91	90	89	90	89	89			19:00		91	
Chilenski	16	84	84	84	83	84	83	83	82	83	82	83	83	83	81	82	81	18:15		88	
Esseimann	14	88	88	88	87	83	86	84	84	86	83	84	83	86	77			19:00		91	
Rooney	16	89	90	87	91	89	90	86	85	88	88	88	88	86	85	83	75	19:00		91	
Wadalawala	14	85	87	84	82	77	83	82	81	82	82	81	82	82	74			18:40		90	
Andres	X																				
Aikin	X																				
Dahlem	16	90	92	91	91	90	92	90	90	91	96	91	90	90	89	88	81	19:30		94	
Basler	X																				
Flowers																					
S. Smith																					
S. Smith	14	85	83	93	89	90	90	91	90	91	89	88	89	88	87			19:50		95	
D. Byrnes																					
D. Byrnes	12	104	94	101	102	102	102	108										20:45		99	
P. Byrnes	12	94	91	93	91	96	93	96	101									20:00		96	
Hallett	12	90	94	90	92	92	91	88	87	91	89	87	87					19:40		94	
Heulskoetter	12	92	96	100	101	101	96	94	100	98	100	99	100					21:00		101	
Monihan																					
Monihan	14	91	94	94	91	95	93	91	92	95	93	92	91	88	88			20:00		96	
Trancilla	14	91	94	94	93	96	93	92	93	95	93	92	92	91	86						
Truman	14	91	94	93	91	95	93	91	92	95	93	92	91	88	82			20:00		96	
Flowers																					
Flowers	12	97	99	100	102	104	105	103	102	104	106	105	104					21:50		104	

800's w decrease Date: 10.5.92

[illegible]

10/1

Aug 31: jog/stretch//course/jog/stretch

Names	ss goal	Pulse/ Time	Names	ss goal	Pulse/ Time	
Group A1			Group B2			
Probst	7.6 mi.	4855	158	Dahlem	6.2 4811	
Russo	7.6	5011		Basler		
Welling	7.6	4912	170	French	—	
Griner	7.6	5424		Leuchtmann	—	
Jones	7.6	5014		S. Smith	6.2 5324	
Myers	7.6	4912		Barry	—	
Group A2			D. Byrnes	6.2 5831	170	
Dougherty	7.6	5316		P. Byrnes	6.2 5613	156
Marshall	—	2800	4 mi	Hallett	—	
Flanagan	—	—		Heulskoetter	6.2 5623	
Hamel	7.6	5017		D. Hunzeker	—	
Group A3			Monihan	6.2 5613	148	
Nahn	7.6	57:30		Trancilla	6.2 5716	
Kopf	?	2800	m	Truman	6.2 5556	
Cornell	—	—		Whitlock	—	
Kennebeck	7.6	5316		Group C1		
Schoenbeck	6.2	4242 *	120	Brown	—	
Williams	6.2	4215	162	Caldwell	5.2 36:43	
Wolzenski	6.2	5811	148	Duchek	37:17	
Schuckmann	6.2	4354	150	Fanson	X 25 mi run	
Denny	7.6	5502		Ferrigni	37:19	
Goeke	—	—		Harvath	35:48	
Auer	7.6	5249	159	Johnson	35:45	
Schlitt	6.2	4213		Myers	41:21	158
Hadican	—	—		Yates	33:42	
Hunzeker	6.2	4425 *	152			
Weller	7.6	5240		Group C2		
Group B1			Bruno			
Fete	7.6	5520		Emert	41:21	
Rollo	7.6	5520		Griebel	—	
Barrett	6.2	5906		Kramer	13:30	2 mi
Chilenski	6.2	4711		McKay	42:02	
Esselmann	—	—		Perrin	49:01	184
Rooney	6.2	5537		Sauter	41:21	142
Wadalawala	7.6	5046	180	Smith	—	
Andres	6.2	4739		Smith	—	
Aikin	6.2	4739				

Top group
7.6 miles
Middle group
6.1 miles
Freshman
5.2 miles

* = time reduced
for stop lights &
water

carase: 2nd mile CL carase; Steinberg

Name	Goal	1	2	3	4	5	6	7	Name	Goal	1	2	3	4	5	6	7
Group A1									Group B2								
Probst		5.52	538	550	249	249	244		Dahlem		7.15	709	658	324	309		
Russo		627	600	626	307	302			Basler								
Welling		611	610	606	-	-	250		French								
Griner		604	555	552	254	254	249		Leuchtmann								
Jones		627	608	626	259	242	310		S. Smith		6.38	623	630	-	300		
Myers		557	550	553	250	251	251		Barry								
Group A2									D. Byrnes								
Dougherty		556	547	551	249	249	244		P. Byrnes		8.01	806	914				
Marshall		606	549	605	255	252			Hallett		6.58	700	642	321	307		
Flanagan		559	623	622	254	-			Heulskotter		7.36	743	738	332			
Hamel		550	552	553	253	305	312		Hunzeker								
Group A3									Monihan								
Nahn		639	630	-	-	-	-	-	Trancilla		7.23	721	710	334			
Kopf		-							Truman		6.59	641	627	314			
Cornell		-							Whitlock								
Kennebeck		557	549	551	254	-	252		Flowers		7.48	804	744	348			
Schoenbeck		627	610	620	308	302			Group C1								
Williams		636	631	622	309	305			Brown		6.21	607	557	302	257		
Wolzenski		639	632	-	-	-			Caldwell		6.26	622	619	303			
Schuckmann		6.27	630	621	305	257	254		Duchek		6.45	630	619	332			
Denny		639	640	651	-	-			Fanson		6.50	712	7100	334			
Goeke		6.23	612	625	303	306	305		Ferrigni		6.39	624	-				
Auer		6.41	637	619	317	-			Harvath		6.26	623	613	309			
Schlitt		640	632	619	310	-			Johnson								
Hadian		-							Myers		6.53	645	646	316			
Hunzeker		711	717	713					Yates		6.32	624	621	304			
Weller		606	607	610	257	251			Group C2								
Group B1									Bruno								
Feto		613	615	612	257	252			Emert		6.53	648	635	313			
Rollo		613	615	612	257	252			Greber								
Barrett		650	638	608	321	311			Kramer		7.23	728	757				
Chilenski									McKay		8.02						
Esselmann						600			Perrin		8.03	816	826	356			
Rooney		651	619	600	303	-	303		Sauter		6.29						
Wadalawala		636	608	620	301	304	300		Smith								
Andres		6.42	639	634	-												
Aikin		640	633	627	314												

Meet:

Date:

$3 \times 200 = 600$
 $4 \times 200 = 800$
 $5 \times 200 = 1000$
 $6 \times 200 = 1200$
 $7 \times 200 = 1400$
 $8 \times 200 = 1600$
 $9 \times 200 = 1800$
 $10 \times 200 = 2000$
 $11 \times 200 = 2200$
 $12 \times 200 = 2400$
 $13 \times 200 = 2600$
 $14 \times 200 = 2800$
 $15 \times 200 = 3000$
 $16 \times 200 = 3200$
 $17 \times 200 = 3400$
 $18 \times 200 = 3600$
 $19 \times 200 = 3800$
 $20 \times 200 = 4000$
 $21 \times 200 = 4200$
 $22 \times 200 = 4400$
 $23 \times 200 = 4600$
 $24 \times 200 = 4800$
 $25 \times 200 = 5000$
 $26 \times 200 = 5200$
 $27 \times 200 = 5400$
 $28 \times 200 = 5600$
 $29 \times 200 = 5800$
 $30 \times 200 = 6000$
 $31 \times 200 = 6200$
 $32 \times 200 = 6400$
 $33 \times 200 = 6600$
 $34 \times 200 = 6800$
 $35 \times 200 = 7000$
 $36 \times 200 = 7200$
 $37 \times 200 = 7400$
 $38 \times 200 = 7600$
 $39 \times 200 = 7800$
 $40 \times 200 = 8000$
 $41 \times 200 = 8200$
 $42 \times 200 = 8400$
 $43 \times 200 = 8600$
 $44 \times 200 = 8800$
 $45 \times 200 = 9000$
 $46 \times 200 = 9200$
 $47 \times 200 = 9400$
 $48 \times 200 = 9600$
 $49 \times 200 = 9800$
 $50 \times 200 = 10000$

Conditions:

300's w decrease Date.

10.15.92

NAME	300	300	300	300	300:600	600	400: Cool down	Remarks
Chilinski	4mi						29.48	
Weller	6mi	5.7					33.32	
Monahan	4mi						23.26	
Truman	4mi						23.16	
Geldwell	6mi						26.24	
Ogerty							41:14 ECT	
Probst							41:13 PER	
Kernbeck							41:13	PER
Jones							41:15	PER
Russ							41:12	PER
Schumm							41:13	PER
Andres							37.13	5.7
Hinzker							37.16	5.7
Sater							36.41	PER 5.7
Griner							41:16	PER
Welling (5.2)							38.40	
Hamel							41:42	PER
Byrnes							38.45	4mi
Byrnes							38.48	4mi
Black							40.29	5.7
NAAM	5.7						41:42	
Ekre							48.42	
DARLM							41:42	
Rooney								
Smith								
Tschulte							48.23	
Azer							"	
Penng							"	
Schnebeck							"	
Helskoetter							48.23	
Ferrigni								
Ewert								
Myers								

10/16/92

NAME	800	800	800	800	800	800	800	800	800	Cool down	Remarks
PROBST	237	237	235	112	112	112	111				
MEYERS	238	241	237	112	113	113	110				
DOUGHERTY	239	241	237	113	113	113	106				
KENNEBICK	242	244	238	116	114	115	114				
SHUCKMANN	242	244	239	116	117	116	113				
GRINER	240	243	244	117	115	117	118				
Itemel	243	246	242	119	118	112	111				
Russo	245	248	247	116	117						
GOEKE	254	249	249	120	117	117	114				
SHOENBELK	250	248	244	118	117	116	115				
Welling	246	249	247	117	117	117	113				
Jones	245	246	246	116	116	115	118				
	400	400	400	400	400	400	400	400			
Weller	112	111	117	119	115	122	-	114			
BROWN	116	115	117	120	115	118	119	117			
ROONEY	120	118	121	120	116	119	121	118			
Williams	117	121	126	123	124	126	117	117			
Chlenski	119	118	121	123	116	121	121	120			
Hazeker	120	117	121	122	117	121	121	119			
FARMAGAN	113	114	121	116	120	118	123	115			
ARKER	115	117	122	125	111	115	123	121			
TRUMAN	122	122	123	122	120	129	127	124			
Adres	126	127	126	129	129	128	130	-			
Emert	127	120	122	122	124	126	-	125			
Myers	122	121	121	123	124	124	126	125			
YATES	123	118	119	124	122	124	124	122			
FANSON	123	123	123	124	125	127	127	122			
CARROLL	121	113	121	128	115	124	132	115			
Hoskooter	130	127	129	130	133	132	128	126			
Byrnes D	140	132	133	134	135	140	141	134			
Byrnes P	131	129	128	125	133	132	132	133			
SAUER	129	122	117	127	-	119	-	-			
Hertz	120	121	120	121	121	123	123	124			
Johnson	119	122	122	124	123	127	128	129			
Beck	127	127	126	121	123	131	126	131			
Penilla	125	124	126	126	124	126	124	121			
Ferrigni	120	116	118	122	118	130	114	-			
Kramer	127	124	121	121	137	129	128	130			
Perrin	138	133	132	133	131	134	134	131			
Smith	117	117	118	117	118	120	116	-			
Monahan	125	125	125	126	130	128	128	128			

Date:

zoo's

WPM

400

200

200

200

200

200

200

200

200

405

FOI

6.

APS

NAME	1990	2000	2010	2020	2030	2040	2050	2060	2070	2080	2090	2100	2110	2120	2130	2140	2150	2160	2170	2180	2190	2200	2210	2220	2230	2240	2250	2260	2270	2280	2290	2300	2310	2320	2330	2340	2350	2360	2370	2380	2390	2400	2410	2420	2430	2440	2450	2460	2470	2480	2490	2500	2510	2520	2530	2540	2550	2560	2570	2580	2590	2600	2610	2620	2630	2640	2650	2660	2670	2680	2690	2700	2710	2720	2730	2740	2750	2760	2770	2780	2790	2800	2810	2820	2830	2840	2850	2860	2870	2880	2890	2900	2910	2920	2930	2940	2950	2960	2970	2980	2990	3000	3010	3020	3030	3040	3050	3060	3070	3080	3090	3100	3110	3120	3130	3140	3150	3160	3170	3180	3190	3200	3210	3220	3230	3240	3250	3260	3270	3280	3290	3300	3310	3320	3330	3340	3350	3360	3370	3380	3390	3400	3410	3420	3430	3440	3450	3460	3470	3480	3490	3500	3510	3520	3530	3540	3550	3560	3570	3580	3590	3600	3610	3620	3630	3640	3650	3660	3670	3680	3690	3700	3710	3720	3730	3740	3750	3760	3770	3780	3790	3800	3810	3820	3830	3840	3850	3860	3870	3880	3890	3900	3910	3920	3930	3940	3950	3960	3970	3980	3990	4000	4010	4020	4030	4040	4050	4060	4070	4080	4090	4100	4110	4120	4130	4140	4150	4160	4170	4180	4190	4200	4210	4220	4230	4240	4250	4260	4270	4280	4290	4300	4310	4320	4330	4340	4350	4360	4370	4380	4390	4400	4410	4420	4430	4440	4450	4460	4470	4480	4490	4500	4510	4520	4530	4540	4550	4560	4570	4580	4590	4600	4610	4620	4630	4640	4650	4660	4670	4680	4690	4700	4710	4720	4730	4740	4750	4760	4770	4780	4790	4800	4810	4820	4830	4840	4850	4860	4870	4880	4890	4900	4910	4920	4930	4940	4950	4960	4970	4980	4990	5000	5010	5020	5030	5040	5050	5060	5070	5080	5090	5100	5110	5120	5130	5140	5150	5160	5170	5180	5190	5200	5210	5220	5230	5240	5250	5260	5270	5280	5290	5300	5310	5320	5330	5340	5350	5360	5370	5380	5390	5400	5410	5420	5430	5440	5450	5460	5470	5480	5490	5500	5510	5520	5530	5540	5550	5560	5570	5580	5590	5600	5610	5620	5630	5640	5650	5660	5670	5680	5690	5700	5710	5720	5730	5740	5750	5760	5770	5780	5790	5800	5810	5820	5830	5840	5850	5860	5870	5880	5890	5900	5910	5920	5930	5940	5950	5960	5970	5980	5990	6000	6010	6020	6030	6040	6050	6060	6070	6080	6090	6100	6110	6120	6130	6140	6150	6160	6170	6180	6190	6200	6210	6220	6230	6240	6250	6260	6270	6280	6290	6300	6310	6320	6330	6340	6350	6360	6370	6380	6390	6400	6410	6420	6430	6440	6450	6460	6470	6480	6490	6500	6510	6520	6530	6540	6550	6560	6570	6580	6590	6600	6610	6620	6630	6640	6650	6660	6670	6680	6690	6700	6710	6720	6730	6740	6750	6760	6770	6780	6790	6800	6810	6820	6830	6840	6850	6860	6870	6880	6890	6900	6910	6920	6930	6940	6950	6960	6970	6980	6990	7000	7010	7020	7030	7040	7050	7060	7070	7080	7090	7100	7110	7120	7130	7140	7150	7160	7170	7180	7190	7200	7210	7220	7230	7240	7250	7260	7270	7280	7290	7300	7310	7320	7330	7340	7350	7360	7370	7380	7390	7400	7410	7420	7430	7440	7450	7460	7470	7480	7490	7500	7510	7520	7530	7540	7550	7560	7570	7580	7590	7600	7610	7620	7630	7640	7650	7660	7670	7680	7690	7700	7710	7720	7730	7740	7750	7760	7770	7780	7790	7800	7810	7820	7830	7840	7850	7860	7870	7880	7890	7900	7910	7920	7930	7940	7950	7960	7970	7980	7990	8000	8010	8020	8030	8040	8050	8060	8070	8080	8090	8100	8110	8120	8130	8140	8150	8160	8170	8180	8190	8200	8210	8220	8230	8240	8250	8260	8270	8280	8290	8300	8310	8320	8330	8340	8350	8360	8370	8380	8390	8400	8410	8420	8430	8440	8450	8460	8470	8480	8490	8500	8510	8520	8530	8540	8550	8560	8570	8580	8590	8600	8610	8620	8630	8640	8650	8660	8670	8680	8690	8700	8710	8720	8730	8740	8750	8760	8770	8780	8790	8800	8810	8820	8830	8840	8850	8860	8870	8880	8890	8900	8910	8920	8930	8940	8950	8960	8970	8980	8990	9000	9010	9020	9030	9040	9050	9060	9070	9080	9090	9100	9110	9120	9130	9140	9150	9160	9170	9180	9190	9200	9210	9220	9230	9240	9250	9260	9270	9280	9290	9300	9310	9320	9330	9340	9350	9360	9370	9380	9390	9400	9410	9420	9430	9440	9450	9460	9470	9480	9490	9500	9510	9520	9530	9540	9550	9560	9570	9580	9590	9600	9610	9620	9630	9640	9650	9660	9670	9680	9690	9700	9710	9720	9730	9740	9750	9760	9770	9780	9790	9800	9810	9820	9830	9840	9850	9860	9870	9880	9890	9900	9910	9920	9930	9940	9950	9960	9970	9980	9990	10000
PROBST	31	30	30	29	30	30	30																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											</																																																																																																																																																