

ST. THOMAS INVITATIONAL

4x800 Relay

8:43.21 2:07.9 Wes Heal (30,32,32,33); 2:10.3 Bryce Allen (30,32,33,35); 2:13.6 Joe Deters (30,33,35,35); 2:11.2 Tyler Carlstrom (32,34,33,32)

800 Meter Run

2:10.37 Heal, Wes (31,33,33,33)
2:11.02 Cahill, Calvin (31,33,33,34)
2:12.20 Benzen, MacCoy (31,33,33,35)

1 Mile Run

4:44.00 (1600c= 4:42.13) Epland, Paul (68,72,74,69)
4:52.14 (1600c= 4:50.22) Jeide, Billy (70,76,75,70)
4:53.00 (1600c= 4:51.07) Lerdall, Thomas (70,73,76,73)

3200 Meter Run

9:46.86 Prazich, Jack (72,72,72,74,75,73,77,71)
9:49.67 Shaleen, Nicholas (72,73,72,73,75,75,76,73)
10:14.61 Weiler, Paul (73,74,74,76,77,82,81,77)
10:36.85 Halverson, Josh (73,74,75,78,82,86,83,85) includes walking last 10 meters.

HAMLIN ELITE MEET

4x800-

8:26.02 2:03.9 Andrew Millán (29,31,31,32); 2:10.2 Nathan Li (30,33,34,33); 2:10.4 Andrew Cameron (31,33,33,33); 2:01.6 Kevin Myers (28, 31.5, 31.5, 30)

1600

4:27.02 Andrew Quirk (65,66,69,67)

3200

9:13.87 Connor Olson (70,71,68,68,70,71,68,67)
9:14.32 Jaret Carpenter (71,72,68,68,69,71,68,67)
9:27.95 Aaron Breyer (71,72,68,68,70,73,74,71)