|  |  |  |
| --- | --- | --- |
|  | VDot | 200- 2x1000 -200 – 2x1000- 200 |
|  |  | 1000m on 5:30 cycle  | 200 on 1:30 cycle |
| Cole | 61 | 3:20 | 35-36 |
| Carlos | 59 | 3:25 | 35-36 |
| NickMax | 57 | 3:31 | 37-38 |
|  |  | 4 set of (800-200)  |
|  |  | 800 on 5:30 cycle | 200 on 1:30 cycle |
| Madison | 53 | 3:00 | 40-41 |
| Hayley | 52 | 3:02 | 42-43 |
|  |  | 7-8x400 on 3:00 cycle |  |
| Gracie | 48 | 1:36 |  |
| Grace | 45 | 1:42 |  |
| Cassiday | 44 | 1:44 |  |
| AddisonSamantha | 43 | 1:46 |  |
| Joshlyn | 41 | 1:50 |  |
|  |  | 7-8x400 on 3:15 cycle |  |
| Sophia | 39 | 1:54 |  |
| Alina | 35 | 2:00 |  |