

Conversion from HH to**FAT=.24****FAT/HH**

	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
55m Dash											
Ebony Williams								8.00			
Shaquala Street								8.30			
Kelsey Thomas								10.10			
Tom Holoman								7.00			
Tre Cherry								7.50			
Demetrius Bristow								7.50			
60 M	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Shawntee Jackson	8.70										
Derek Beck	9.40										
Tre Cherry	7.70	7.70							8.00		
Chalin Giles	8.50										
Kadeem Gaitor	7.20	7.10							7.00		
TJ Williams	7.20	7.20									
Tom Pasinski	7.40	7.30									
Zack Buchleitner	7.50										
Rocco Scarlotto	7.90										
Jerry Brooks	7.60	7.60									
Book	7.50										
Demetrius Bristow	8.10										
Ebony Williams									8.90		
Chelsey Fainer									9.00		
55m HH	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Shaquela Street								10.19			
Ebony Williams								11.28			
60m HH	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Kalyn Farrell	11.98										
200m	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Zach Buchleitner		25.70							25.40		

Tom Holoman		25.30							26.20		
TJ Williams									23.80		
Tom Pasinski									24.50		
400m	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
800m	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Rocco Scarlotto		02:17.0									
Eric Radokovic		02:30.6						02:36.7	02:32.0		
Bobby Spicuzza								02:22.4			
David Hess								02:51.1			
Courtney Wirtz								03:14.1			
1600m	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Bobby Spicuzza		05:13.6						05:07.3	05:02.7		
Eric Radokovich								06:06.7			
Courtney Wirtz								06:38.0	06:52.6		
3000m	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Shot Put											
Kris Law	41' 10 1/2"	40' 5"						41' 3"	42' 4"		
Beau Miller	33' 9 1/2"	33' 10"						32' 6"	35' 4"		
Mark Centofanti		29' 8"						28' 6"			
Sam Dzuka		22' 10"						25' 6"			
Shandel Garner		21' 7"						24' 1"	24' 2"		
Jess Kostelnik		20' 10"						21' 6"	23' 8"		
Long Jump	6-Jan	11-Jan	12-Jan	20-Jan	26-Jan	27-Jan	2-Feb	4-Feb	8-Feb	16-Feb	17-Feb
Demetrius Bristow	16' 6"	15' 1"						14' 2 1/4"	14' 7"		
Chalin Giles	16' 6"	16'							16'		
Kelsey Thomas	9' 5"	9' 5 1/2"						9' 4 1/2"	11'		

