	Wednesday, March 27, 2019				Wednesday, April 10, 2019				Wednesday, April 24, 2019				Wednesday, May 08, 2019				Wednesday, May 22, 2019				Wednesday, June 26, 2019				Wednesday, July 17, 2019				Wednesday, July 31, 2019				Wednesday, August 07, 2019				TOTAL	
	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve*	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points		
Daniels, Clay	27:16.00	22.005	0.000%	14	26:44.40	22.444	1.932%	26	26:42.43	22.472	0.123%	15	25:58.06	23.107	2.768%	30	25:58.06	23.136	0.133%	16	26:40.39	22.787	0.404%	17	25:54.43	23.736	3.997%	33	25:54.43	23.844	0.456%	17	23:47.46	25.549	6.671%	34	202	Daniels, Clay
Psurny, Mike	34:12.23	17.535	0.000%	14	33:05.28	18.136	3.294%	32	32:58.16	18.672	2.868%	30	30:52.99	19.597	4.726%	34	30:26.43	19.704	0.576%	18	30:08.68	18.906	-2.136%	14	Volunteer			14	32:14.72	18.849	-0.303%	12	29:22.90	20.693	8.634%	34	202	Psurny, Mike
Herring, Tony	25:14.33	23.778	3.688%	33	24:29.81	24.490	2.940%	30	24:03.00	24.963	1.960%	26	Volunteer			14	24:03.91	24.931	-0.202%	13	24:26.36	24.870	1.462%	23	24:29.34	24.652	-0.885%	19	24:09.15	25.157	1.142%	22	23:13.99	25.798	2.485%	28	199	Herring, Tony
Mobley, Robert	25:20.00	23.684	0.000%	14	25:00.34	24.000	1.293%	23	24:24.56	24.573	2.385%	28	24:40.62	24.308	-1.097%	9	24:22.55	24.607	0.137%	16	25:03.64	24.253	0.476%	17	24:51.99	24.443	0.775%	20	25:00.72	24.300	-0.585%	11	23:47.49	25.549	6.671%	34	172	Mobley, Robert
Leonhardt, Tami	28:13.53	21.251	0.000%	14	27:03.22	22.181	4.153%	34	26:45.56	22.416	1.088%	21	Volunteer			14	26:26.71	22.699	1.198%	22					26:23.75	23.026	3.358%	32	26:18.23	23.107	0.349%	17	Volunteer			14	168	Leonhardt, Tami
Clark, Tonya	31:13.10	19.210	0.000%	14	29:42.29	20.202	4.879%	34	30:30.69	19.661	-2.716%	3	29:43.87	20.179	-0.089%	14	Volunteer			14	30:33.97	19.885	0.343%	17	30:10.23	20.765	4.299%	34	29:36.84	20.524	-1.174%	9	Volunteer			14	153	Clark, Tonya
Samartino, Frank	27:45.97	21.609	-5.624%	1	26:48.28	22.388	3.463%	32	26:54.20	22.305	-0.368%	12	26:27.14	22.684	1.314%	23	26:41.91	22.472	-0.931%	10	27:54.93	21.773	-2.105%	5	28:00.43	21.702	-0.328%	12	27:40.83	21.958	0.844%	20	25:15.00	24.055	8.719%	34	149	Samartino, Frank
Arve, Philip	27:55.74	21.496	25.974	5.451%	34	23:43.65	25.281	-2.728%	3	23:19.59	25.714	-0.992%	10	Volunteer			23:17.32	26.099	2.393%	28	22:54.13	26.456	1.352%	23	22:57.67	27.468	3.682%	33	145	Arve, Philip										
McVea, Mike	24:37.17	24.374	7.631%	34									23:56.27	25.424	4.123%	34	23:52.61	25.122	-1.154%	9	23:34.54	25.781	3.319%	32	23:44.65	25.598	-0.715%	11					23:20.99	26.031	0.960%	20	140	McVea, Mike
Peterson, Mark	25:32.67	23.483	-8.563%	1					24:30.02	24.490	4.088%	34	24:43.28	24.275	-0.902%	10	24:31.09	24.473	-0.073%	14	26:04.26	23.313	-2.890%	3	DNS				24:49.11	24.639	5.380%	34	25:16.00	24.055	8.719%	34	131	Peterson, Mark
Noonan, Dave	22:53.20	26.220	-1.157%	9	22:36.12	26.529	1.207%	22	22:42.20	26.432	-0.411%	12	22:51.67	26.647	0.442%	17					23:01.06	26.406	1.009%	21	23:06.56	26.301	-0.398%	12					22:37.98	26.610	4.566%	34	127	Noonan, Dave
Nissen, Tim	28:22.91	21.139	-0.485%	14	26:58.78	22.236	4.940%	34	28:14.50	21.239	-4.676%	14	26:50.11	22.360	0.536%	18	27:10.61	22.072	-1.273%	8	28:34.42	21.271	-2.956%	3	29:48.78	20.387	-4.337%	1	29:22.35	20.693	8.634%	34	126	Nissen, Tim
Young, Patrick	27:15.20	22.018	-7.701%	1	Volunteer			14	27:04.20	22.167	0.673%	19					26:33.39	22.599	1.897%	26					26:32.87	22.895	3.222%	31	27:42.00	21.942	-4.340%	1	24:21.10	24.911	8.093%	34	126	Young, Patrick
Alvey, Keith	26:19.42	22.799	-5.195%	1	25:27.02	23.576	3.318%	32	25:17.11	23.731	0.649%	19					25:37.23	23.422	-1.326%	8	26:45.97	22.708	-2.398%	4	26:21.25	23.063	1.539%	24	25:50.34	23.523	1.955%	26	26:00.47	23.370	-0.653%	11	125	Alvey, Keith
Farmer, Aleah	31:52.29	18.828	-6.863%	1	30:16.66	19.813	5.001%	34	29:51.53	20.089	1.383%	23					28:40.38	20.930	3.971%	33	29:36.36	20.530	0.000%	14	29:56.66	20.298	-1.143%	9	29:56.78	20.296	-1.150%	9					123	Farmer, Aleah
Grigat, Michael									22:43.20	26.412	-0.954%	10	22:51.87	26.866	1.739%	25	23:12.09	27.027	0.553%	18	23:24.91	25.958	-2.043%	5	22:51.42	26.787	3.095%	31	22:07.07	27.468	3.682%	33	122	Grigat, Michael
Brumbaugh, John	22:33.02	21.139	3.157%	31					26:47.39	22.360	5.446%	34	26:56.37	22.277	-0.378%	12					27:04.87	22.442	2.281%	28	27:03.57	22.462	0.089%	15									120	Brumbaugh, John
Johnston, Raymond	Volunteer			14	29:16.40	20.501	1.004%	14	29:40.59	20.213	-1.377%	8	29:37.81	20.247	-1.219%	9	29:45.64	20.157	-1.665%	7	30:25.81	19.976	-0.649%	11	30:20.20	20.035	0.296%	17	29:42.49	20.460	2.077%	27	29:50.05	20.373	-0.429%	12	119	Johnston, Raymond
Hoechster, David	28:34.29	21.004	1.326%	23	27:50.44	21.557	2.553%	29					27:52.43	21.531	-0.119%	14	27:19.19	21.951	1.840%	26	27:41.32	21.951	1.914%	26													118	Hoechster, David
Enes, Tony	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	24:01.94	24.965	3.747%	33	24:20.05	24.658	-1.256%	8	24:28.67	24.506	-1.854%	6	Volunteer			14	24:37.08	24.689	0.808%	20	DNF			14					116	Enes, Tony
Patterson, John	23:30.51	25.514	-9.304%	1	22:59.65	26.087	2.188%	27	23:04.17	26.012	-0.328%	12	23:52.53	25.122	-3.693%	1	22:50.51	26.258	0.662%	19	22:28.11	25.899	0.544%	18	23:09.08	26.425	1.991%	26	23:15.40	26.134	-1.110%	9					113	Patterson, John
Whitt, Randy	28:29.03	21.065	-4.825%	1	27:06.81	22.127	4.811%	34					27:15.59	22.005	-0.540%	11	27:06.23	22.140	0.036%	15	29:16.48	20.757	-6.283%	1	29:01.47	20.936	0.854%	20	28:34.47	21.266	1.554%	24	29:15.26	20.776	-2.359%	4	110	Whitt, Randy
Purser, Lat	27:24.48	21.898	-8.943%	1	26:09.02	22.945	4.588%	34					26:12.20	22.901	-1.364%	8					27:14.54	22.284	-2.081%	5	27:02.69	22.474	0.846%	20	26:36.66	22.558	0.372%	17					107	Purser, Lat
Davies, Rodney					24:58.34	24.032	0.126%	16	24:39.69	24.324	1.245%	22	24:50.02	24.161	-0.698%	11	Volunteer			14	26:12.45	23.192	-2.742%	3	25:52.47	23.490	1.271%	23	25:45.31	23.599	0.459%	17					106	Davies, Rodney
Broom, John	24:51.55	24.129	-2.364%	4					24:40.00	24.324	0.774%	20													24:52.81	24.429	2.345%	28	24:57.56	24.352	-0.318%	12	24:23.96	24.911	8.093%	34	98	Broom, John
Van Holderbeke, Sonja	28:24.70	21.114	-4.449%	1					Volunteer			14	28:02.11	21.403	1.325%	23	28:27.88	21.077	-1.532%	7	29:45.20	21.137	0.672%	19	27:55.52	21.764	2.879%	30	28:43.40	21.160	-2.851%	3					97	Van Holderbeke, Sonja
Francis, Jet	27:14.59	21.965	5.029%	34	25:35.02	22.556	2.638%	29	25:47.49	22.901	1.526%	24																					27:47.80	21.866	-2.605%	3	90	Francis, Jet
Cacali, Greg	23:11.11	25.881	-3.481%	2	22:08.59	27.088	4.494%	34	22:27.17	26.726	-1.398%	8					23:03.14	26.030	-4.100%	1					23:32.87	25.811	-2.799%	3	23:07.44	26.284	1.800%	26	23:32.49	25.818	-1.805%	14	88	Cacali, Greg
Liborio, Justin					23:49.71	25.175	-2.923%	3	23:31.37	25.514	1.283%	23	24:11.56	24.793	-2.848%	3					23:56.03	25.395	1.448%	23									22:50.46	26.610	4.566%	34	86	Liborio, Justin
Thomas, David	31:59.63	18.760	0.000%	14					32:31.43	18.452	-1.685%	7									31:24.61	19.098	1.781%	26	31:35.94	18.090	-3.366%	2	29:53.75	18.477	2.093%	27	33:24.17	18.196	-1.541%	7	83	Thomas, David
Sykes, Ava					26:40.20	22.500	0.514%	18	25:52.17	23.196	3.001%	31	24:51.73	24.145	3.912%	33																					82	Sykes, Ava
Capuano, Mike	25:04.51	23.920	-5.259%	1	24:37.11	24.374	1.821%	26																	26:27.17	23.879	-0.114%	14	25:36.47	24.306	1.753%	26	25:04.14	24.245	-0.249%	13	80	Capuano, Mike
Bennett, Chad					27:47.78	26.335	6.154%	34					23:20.11	25.714	-2.401%	4													23:36.51	25.712	-0.451%	12	23:31.98	25.798	2.485%	28	78	Bennett, Chad
O'Donnell, Tim	Volunteer			14	Volunteer			14																							27:11.47	22.353	0.000%	14	26:03.49	23.319	4.143%	34	76	O'Donnell, Tim
Keefer, Anne					32:18.99	18.566	0.000%	14	32:03.05	18.721	0.822%	20	31:26.02	19.088	1.926%	26	Volunteer			14	34:39.70	17.535	-6.221%	1													75	Keefer, Anne
Morgan, Lisa	33:42.32	17.804	-8.634%	1					DNF			14	31:39.28	18.957	6.084%	34	31:02.09	19.334	1.958%	26																	75	Morgan, Lisa
Williams, Byron					33:17.59	18.018	-0.047%	14	33:35.47	17.866	-0.895%	14	33:06.14	18.127	0.573%	18	32:13.49	18.624	2.651%	29																	75	Williams, Byron
Disher, Christian	31:46.67	18.878	0.000%	14					31:51.43	19.417	2.748%	29	29:55.34	20.056	3.179%	31																					74	Disher, Christian
Dravigny, Ivan																									Volunteer			14	Volunteer			14	31:49.11	19.102	0.000%	14	30:51.88	19.692	2.998%	30	72	Dravigny, Ivan
Williams, Nathaniel																									32:39.54	18.610	0.000%	14					30:42.53	19.792	5.971%	34	30:27.91	19.951	0.793%	20	68	Williams, Nathaniel
Bellof, Carolyn	31:11.23	19.169	0.000%	14	27:20.11	20.455	6.290%	34																									30:18.21	20.079	0.077%	15					63	Bellof, Carolyn
Houlihan, Mark									23:41.00	25.334	0.000%	14					23:02.09	26.049	2.738%	29	23:15.00	25.772	0.852%	20													63	Houlihan, Mark
Lehman, Steve					23:23.40	25.659	0.068%	15	23:10.70	25.899	0.949%	20					Volunteer			14					23:58.81	25.399	-0.018%	14									63	Lehman, Steve	
Christofaro, Josh	27:10.33	22.086	-1.116%	9													26:27.43	22.670	2.620%	29	26:53.58	22.601	1.608%	24													62	Christofaro, Josh	
Heiser, Ashby	26:21.73	22.756	0.000%	14	25:04.02	23.936	4.913%	34	Volunteer			14																									62	Heiser, Ashby	
Williams, Ginger					29:34.81	16.862	0.000%	14									32:50.79	18.182	7.266%	34													34:41.23	17.520	0.000%	14	62	Williams, Ginger	
Farmer, Chris																	33:08.50	18.100	0.000%	14					33:03.62	18.366	3.384%	32	33:11.47	18.312	-0.293%	12					58	Farmer, Chris	
Nelson, Levi	27:03.61	26.012	0.000%	14	25:42.78	26.412	1.505%	24									22:13.14	26.608	0.707%	19																	57	Nelson, Levi	
Freeman, Kevin													25:54.62	23.151	-5.372%	1					26:44.36	22.731	0.097%	15	27:31.11	22.087	-2.914%	3					26:03.49	23.319	4.143%	34	53	Freeman, Kevin	
Crowell, Jamie	33:26.97	17.937	-25.908%	1	27:23.59	21.898	0.000%	14	26:46.72	22.402	12.559%	34													29:24.11	20.672	-3.603%	1									50	Crowell, Jamie	
Newman, Jodi	28:14.57	21.239	0.000%	14	27:11.47	22.072	3.723%	33	28:00.31	21.429	-2.994%	3																									50	Newman, Jodi	
Radler, Bill					25:50.78	22.346	0.000%	14					25:10.64	23.825	6.216%	34																					48	Radler, Bill	
Manning, Shawn																					26:53.67	15.997	0.000%	14									35:56.09	16.914	2.865%	30	36:57.63	16.445	-2.859%	3	47	Manning, Shawn	
Six, Zoe													29:38.59	20.236	2.111%	27	29:26.20	20.385	0.697%	19																	46	Six, Zoe	
Koontz, Sharon									Volunteer			14					42:06.23	14.252	-13.742%	14	DNF			14													42	Koontz, Sharon	
Leiser, Jenny									23:41.43	25.334	0.000%	14	23:08.40	25.937	2.324%	28																					42	Leiser, Jenny	
Shiels, Terry	28:53.20	20.773	-6.387%	1	27:40.84	21.674	4.175%	34																	29:03.25	20.932	-1.510%	7									42	Shiels, Terry	
Engle, James	25:23.17	23.638	0.000%	14													24:49.28	24.177	2.220%	27																	41	Engle, James	
Acker, Christian																	22:38.54	26.471	5.388%	34									23:53.41	25.441	-1.974%	6					40	Acker, Christian	
Bissette, Michael									22:31.37	26.647	-2.575%	3																					22:16.62	27.296	4.351%	34	37	Bissette, Michael	
Kunkle, Christy	31:51.14	17.518	0.000%	14	31:40.87	17.734	1.230%	22																													36	Kunkle, Christy	
Greenfield, Erik	24:26.00	24.557	-1.171%	9	23:52.13	25.017	1.874%	26																													35	Greenfield, Erik	
Crowell, Jamie/Harrold, Paul									26:46.72	22.402	12.559%	34																									34	Crowell, Jamie/Harrold, Paul	
Fineran, Dan	25:38.11	23.407	-4.040%	1	24:40.69	24.308	3.733%	33																													34	Fineran, Dan	
Spokas, TJ																									28:49.29	21.088	12.804%	34									34	Spokas, TJ	
Alfano, Joel									28:05.05	21.365	0.000%	14									27:52.71	21.531	0.748%	19													33	Alfano, Joel	
Graham, Douglas	22:59.03	26.106	-3.919%	1	22:52.44	26.239	0.478%	17																													32	Graham, Douglas	
Herrin, Jimmy					24:26.65	24.540	0.796%	20	24:32.00	24.457	-0.365%	12																											32	Herrin, Jimmy	
Adams, Scott					26:29.81	22.642	0.000%	14									26:30.55	22.627	-0.047%	14																	28	Adams, Scott	
McGlothlin, Steve	27:37.23	21.726	-3.469%	2	27:07.11	22.127	1.817%	26																													28	McGlothlin, Steve	
McLeod, Lilly									27:52.05	21.779	0.000%	14					27:40.32	21.687	-0.443%	12																	26	McLeod, Lilly	
Reavis, Jim	30:20.67	19.769	0.000%	14																													31:56.17	19.040	-1.777%	6	32:33.63	18.667	-1.998%	6	26	Reavis, Jim	
Warren, Scott													27:57.66	21.454	0.000%	14																					25	Warren, Scott	
Nord, Marshall					25:49.28	25.263	0.000%	14																									24:46.50	24.533	-0.977%	10					24	Nord, Marshall	
Melville, Rick									28:35.22	20.942	0.000%	14	28:56.53	20.725	-1.007%	9																					23	Melville, Rick	
Koontz, Dave									25:06.00	23.904	-1.499%	8					25:21.91	23.653	-1.056%	9	25:35.00	22.863	-2.444%	4													21	Koontz, Dave	
Tremblay, Jacob																																					20	Tremblay, Jacob	
Dambach, Adam													25:49.22	23.241	0.468%	17																					17	Dambach, Adam	
Englin, Roxanne					29:56.05	20.045	-3.672%	1					29:55.47	20.056	0.032%	15																					16	Englin, Roxanne	
Crowell, Jamie/Weslock, Rick					27:23.59	21.898	0.000%	14																													15	Crowell, Jamie/Weslock, Rick	
Siewers, Jim	28:06.67	21.340	0.000%	14									DNF			1																					15	Siewers, Jim	
Acker, Loretta																																					14	Acker, Loretta	
Allman, Traci	32:39.58	18.367	0.000%	14																																	14	Allman, Traci	
Barker, Molly																																			26:52.09	22.623	0.000%	14	14	Barker, Molly	
Beatty, Brian																																	29:04.31	21.652	0.000%	14					14	Beatty, Brian	
Borner, James																																					14	Borner, James	
Boyer, Jeff													25:58.04	23.226	0.000%	14																					14	Boyer, Jeff	
Burstein, David																	24:00.69	25.000	0.000%	14																	14	Burstein, David	
Chin, Bernie					26:30.99	22.627	0.000%	14																													14	Chin, Bernie	
Daleo, Jin					31:11.20	19.241	0.000%	14																													14	Daleo, Jin	
Galeotti, Peter									26:21.25	22.699	0.000%	14																									14	Galeotti, Peter	
Graham, Payton																																	29:13.53	20.330	0.000%	14					14	Graham, Payton	
Hartley, Dana													30:14.00	19.846	0.000%	14																					14	Hartley, Dana	
Heher, Scott					32:49.81	18.311	0.000%	14																															14	Heher, Scott	
Hinson, Mindy																																			35:47.51	16.982	0.000%	14	14	Hinson, Mindy	
Lunsford, Charles																													24:24.20	17.633	0.000%	14							14	Lunsford, Charles	
MacGillivray, Matt																	27:46.37	21.454	0.000%	14																	14	MacGillivray, Matt	
McLeod, Melody									26:52.84	22.319	0.000%	14																									14	McLeod, Melody	
Navey, James																																			37:25.51	16.240	0.000%	14	14	Navey, James	
Piasecki, Luke									DNF			14																									14	Piasecki, Luke	
Reynolds, Alex					27:24.78	20.408	0.000%	14																													14	Reynolds, Alex	
Robinson, Nan	Volunteer			14																																	14	Robinson, Nan	
Rouse, Charles																																	29:53.51	23.006	0.000%	14					14	Rouse, Charles	
Sciorilli, Elisa													27:49.51	20.821	0.000%	14																					14	Sciorilli, Elisa	
Six, Fred	24:22.54	24.607	-2.341%	4																	25:24.45	23.922	-0.869%	10													14	Six, Fred	
Suarez, Silvio					27:58.37	21.454	0.000%	14																													14	Suarez, Silvio	
Thompson, Greg																																	27:31.65	26.864	0.000%	14					14	Thomson. Greg	
Wakeman, Trudy					31:22.14	18.538	0.000%	14																															14	Wakeman. Trudy	
West, David																																					14	West. David	
Pennypacker, Dean													26:33.84	22.585	-2.027%	5																					5	Pennypacker, Dean	
Bayag, Dane					30:58.78	19.365	0.000%	1																															1	Bayag, Dane	
Boqan, Bob	27:41.51	21.661	-4.193%	1																																	1	Boqan, Bob	
Britt, Christi	28:31.17	21.040	-8.900%	1																																	1	Britt, Christi	
Crowell, Jamie/Greenfield, Erik	33:26.97	17.937	-25.908%	1																																	1	Crowell, Jamie/Greenfield, Erik	
Roqut, Nathan	29:04.03	21.378	-9.939%	1																																	1	Roqut, Nathan	
Zeman, Chad	26:17.11	22.828	-4.494%	1																																	1	Zeman, Chad	