	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				Wednesday, August 28, 2019				Wednesday, September 04, 2019					
	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	Time	Speed	Improve	Points	Time	Speed	Improve	Points	TOTAL	
Daniels, Clay	27:16.69	22.005	0.000%	14	26:44.48	22.444	1.932%	26	26:42.41	22.472	0.123%	15	25:58.08	23.107	2.768%	30	25:56.03	23.136	0.133%	16	26:40.39	22.787	0.404%	17	25:36.43	23.736	3.997%	33	25:29.43	23.844	0.456%	17	23:47.40	25.549	6.671%	34	24:37.65	24.680	3.386%	32	24:42.08	24.61	-0.30%	14	248	Daniels, Clay
Psurny, Mike	34:12.31	17.535	0.000%	14	33:06.24	18.136	3.294%	32	32:56.37	18.672	2.868%	30	32:27.27	19.597	4.726%	34	32:02.91	19.704	0.576%	18	32:08.86	18.906	-2.136%	14	Volunteer			14	32:14.72	18.849	-0.303%	12	29:22.35	20.693	8.634%	34	31:37.81	19.277	1.922%	26	32:50.62	18.51	-4.17%	14	242	Psurny, Mike
Herring, Tony	25:14.33	23.778	3.688%	33	24:59.73	24.490	2.940%	30	24:21.95	24.983	1.960%	26	Volunteer			14	24:03.91	24.931	-0.202%	13	24:25.36	24.870	1.462%	23	24:39.34	24.652	-0.885%	10	25:08.82	25.157	1.142%	22	23:33.59	25.798	2.485%	28	24:30.40	24.801	-1.433%	8	26:47.72	22.68	-10.31%	14	221	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	25:03.44	24.253	0.476%	17	24:51.78	24.443	0.775%	20	25:00.72	24.300	-0.585%	11	23:47.40	25.549	6.671%	34	25:16.11	25.590	4.483%	34	23:47.87	25.54	-0.19%	14	220	Mobley, Robert
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	27:54.94	21.773	-2.105%	14	28:00.43	21.702	-0.328%	12	27:40.91	21.958	0.844%	20	25:16.00	24.055	8.719%	34	27:27.22	22.139	0.818%	20	27:28.81	22.12	-0.10%	14	192	Samartino, Frank
Leonhardt, Tami	28:13.53	21.251	0.000%	14	27:03.27	22.181	4.153%	34	26:45.59	22.416	1.088%	21	Volunteer			14	26:26.31	22.699	1.198%	22					26:23.75	23.026	3.358%	32	26:18.23	23.107	0.349%	17	Volunteer			14	26:41.28	22.774	-1.460%	8	27:17.65	22.27	-2.76%	14	190	Leonhardt, Tami
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	29:11.86	20.757	-4.332%	14	29:01.87	20.936	0.854%	20	26:34.81	21.266	1.554%	24	29:15.26	20.776	-2.359%	14	25:53.25	21.665	1.840%	26	30:21.72	20.02	-8.25%	14	173	Whitt, Randy
Clark, Tonya	31:13.37	19.210	0.000%	14	29:42.27	20.202	4.879%	34	30:30.69	19.661	-2.716%	3	29:43.87	20.179	-0.089%	14	Volunteer			14	30:13.97	19.885	0.343%	17	29:16.22	20.765	4.209%	34	29:36.84	20.524	-1.174%	9	Volunteer			14	30:13.37	20.111	-3.254%	2	29:12.83	20.81	0.19%	16	171	Clark, Tonya
Johnston, Raymond	Volunteer				29:16.40	20.501	-5.004%	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	30:25.61	19.976	-0.649%	11	30:20.20	20.035	0.296%	17	29:47.49	20.460	2.077%	27	29:50.05	20.373	-0.429%	12	29:47.73	21.195	3.468%	32	31:03.34	19.57	-8.32%	14	165	Johnston, Raymond
Noonan, Dave	22:53.20	26.220	-1.157%	9	22:36.42	26.529	1.207%	22	22:42.20	26.432	-0.411%	12	22:30.62	26.647	0.442%	17					23:01.06	26.406	1.009%	21	23:06.56	26.301	-0.398%	12					22:50.46	26.610	4.566%	34	22:42.11	26.773	1.372%	23	23:49.14	25.52	-4.92%	14	164	Noonan, Dave
Brumbaugh, John	28:23.03	21.139	3.157%	31					26:50.23	22.360	5.446%	34	26:56.37	22.277	-0.378%	14					27:04.97	22.442	2.281%	28					27:03.33	22.462	0.089%	15					26:38.43	22.815	1.546%	24	27:06.14	22.43	-1.73%	14	160	Brumbaugh, John
McVea, Mike	24:17.17	24.374	7.631%	34									23:38.72	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					22:53.10	26.031	0.960%	20	24:14.72	25.069	-3.937%	1	24:53.28	24.42	-6.59%	14	155	McVea, Mike
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	26:01.87	23.349	-0.744%	11	26:13.65	23.17	-1.50%	14	150	Alvey, Keith
Arve, Philip					27:05.73	25.974	5.451%	34	23:43.65	25.281	-2.728%	3	23:19.59	25.714	-0.992%	10	Volunteer			14	23:17.22	26.099	2.393%	28	22:56.43	26.456	1.352%	23									22:07.67	27.468	3.682%	33							145	Arve, Philip
Enes, Tony	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	24:01.93	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	24:42.22	24.604	-0.348%	12	26:32.31	22.90	-7.80%	14	142	Enes, Tony
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	24:23.96	24.911	8.093%	34					27:26.43	22.15	-3.36%	14	140	Young, Patrick
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	26:04.20	23.313	-2.890%	3	DNS			1	24:40.11	24.639	5.380%	34	25:16.00	24.055	8.719%	34	25:15.08	24.070	-2.363%	4							135	Peterson, Mark
Purser, Lat	27:24.48	21.898	-8.943%	1	26:09.02	22.945	4.589%	34	25:51.05	23.211	1.145%	22	26:12.20	22.901	-1.364%	8					27:15.54	22.284	-2.081%	5	27:02.83	22.474	0.846%	20	25:56.84	22.558	0.372%	17					27:11.43	22.353	-0.914%	10	25:56.47	22.56	0.01%	15	132	Purser, Lat
Grigat, Michael									22:43.20	26.412	-0.954%	10	22:41.78	26.866	1.739%	25	22:12.63	27.027	0.553%	18	23:24.42	25.958	-2.043%	5	22:41.42	26.787	3.095%	31					22:07.67	27.468	3.682%	33	23:11.17	26.214	-2.184%	5							127	Grigat, Michael
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									28:40.30	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					30:27.69	19.95	-2.89%	3	126	Farmer, Aleah
Nissen, Tim	28:22.91	21.139	-6.485%	14	26:58.78	22.236	4.940%	34	28:14.50	21.239	-4.678%	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
Patterson, John	23:30.51	25.514	-9.904%	1	22:59.65	26.087	2.188%	27	23:04.17	26.012	-0.328%	12	23:52.53	25.122	-3.433%	1	22:50.51	26.258	0.662%	19	23:21.11	25.899	0.544%	18	23:00.08	26.425	1.991%	26	23:15.40	26.134	-1.110%	9					23:13.11	26.18	-0.94%	10	123	Patterson, John
Hoechster, David	29:31.57	21.004	1.326%	23	27:38.49	21.557	2.553%	29					27:52.43	21.531	-0.119%	14	27:03.50	21.951	1.840%	26	27:41.32	21.951	1.914%	26																			118	Hoechster, David
Cacali, Greg	23:11.11	25.881	-3.481%	2	22:26.57	27.088	4.494%	34	22:27.17	26.726	-1.398%	8					23:03.14	26.030	-4.106%	1									23:32.47	25.811	-2.799%	3	23:07.44	26.284	1.800%	26	23:32.49	25.818	-1.805%	14	23:23.59	25.982	-1.164%	9	25:46.25	23.58	-11.49%	14	111	Cacali, Greg
Thomas, David	31:59.09	18.760	0.000%	14					32:31.43	18.452	-1.685%	7					31:24.83	19.098	1.781%	26	33:25.94	18.090	-3.366%	2	32:53.75	18.477	2.093%	27	33:24.17	18.196	-1.541%	7					33:24.05	18.197	-1.535%	7	32:37.47	18.63	0.82%	20	110	Thomas, David
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	25:45.34	23.599	0.459%	17					26:41.08	22.777	-3.607%	1							107	Davies, Rodney
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																			22:50.46	26.610	4.566%	34					23:43.84	25.44	0.19%	16	102	Liborio, Justin
Capuano, Mike	25:04.51	23.920	-5.756%	1	24:37.11	24.374	1.821%	26																					25:02.40	24.306	1.753%	26	25:04.14	24.245	-0.249%	13	25:24.08	23.928	-1.578%	7	26:34.25	22.87	-6.39%	14	101	Capuano, Mike
Van Holderbeke, Sonja	28:24.70	21.114	-4.469%	1					Volunteer			14	28:02.11	21.403	1.325%	23	28:27.88	21.077	-1.532%	7	28:45.29	21.137	0.672%	19	27:50.62	21.764	2.879%	30	28:43.40	21.160	-2.851%	3									28:40.72	21.19	-2.69%	3	100	Van Holderbeke, Sonja
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	26:09.02	23.243	-5.106%	1					99	Broom, John
Freeman, Kevin									25:54.62	23.151	-5.372%	1									26:44.38	22.731	0.097%	15	27:31.11	22.087	-2.914%	3					26:03.88	23.319	4.143%	34	25:57.43	23.415	2.925%	30	30:22.81	20.01	-17.04%	14	97	Freeman, Kevin
Radler, Bill					26:30.72	22.346	0.000%	14					25:10.57	23.825	6.216%	34																					24:31.62	24.781	5.925%	34	26:03.28	23.33	-6.23%	14	96	Radler, Bill
Dravigny, Ivan																																														91	Dravigny, Ivan
Francis, Jet	27:19.26	21.965	5.825%	34	26:36.02	22.556	2.638%	29	26:11.43	22.901	1.526%	24																					27:47.80	21.866	-2.605%	3							90	Francis, Jet
Bellof, Carolyn	31:18.29	19.169	0.000%	14	29:20.11	20.455	6.290%	34																					30:16.29	20.079	0.077%	15					29:51.94	20.358	1.372%	23					86	Bellof, Carolyn
Crowell, Jamie	33:26.97	17.937	-25.908%	1	27:23.59	21.898	0.000%	14	26:46.74	22.402	-12.559%	34																											29:31.59	20.58	3.59%	33	83	Crowell, Jamie
Sykes, Ava									26:40.22	22.500	0.514%	18	25:50.12	23.196	3.001%	31	24:51.47	24.145	3.912%	33																									82	Sykes, Ava
Bennett, Chad					22:47.22	26.335	6.154%	34					23:20.11	25.714	-2.401%	4																			23:28.31	25.712	-0.451%	12	23:33.59	25.798	2.485%	28							78	Bennett, Chad
Lehman, Steve					23:23.40	25.659	0.068%	15	23:16.01	25.899	0.949%	20									Volunteer			14	23:05.81	25.399	-0.018%	14													Volunteer			14	77	Lehman, Steve
Manning, Shawn																									26:56.67	15.997	0.000%	14									36:57.63	16.445	-2.855%	3	34:58.69	16.886	2.615%	29	37:03.22	16.40	-5.88%	1	77	Manning, Shawn
O'Donnell, Tim	Volunteer			14	Volunteer			14																									27:11.47	22.353	0.000%	14					26:03.88	23.319	4.143%	34							76	O'Donnell, Tim
Williams, Ginger					30:34.14	16.862	0.000%	14									37:52.79	18.182	7.266%	34																	34:41.42	17.520	0.000%	14	34:42.43	17.512	-0.047%	14					76	Williams, Ginger
Keefer, Anne					32:18.59	18.566	0.000%	14	32:01.06	18.721	0.822%	20	31:26.07	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	-8.834%	1					DNF			14	31:39.28	18.957	6.084%	34	31:02.06	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	31:46.47	18.878	0.000%	14					30:54.23	19.417	2.748%	29	29:56.34	20.056	3.179%	31																													74	Disher, Christian
Houlihan, Mark					23:41.00	25.334	0.000%	14									23:02.71	26.049	2.738%	29	23:31.00	25.772	0.852%	20																	23:47.40	25.55	-0.88%	10	73	Houlihan, Mark
Williams, Nathaniel																					23:29.54	18.610	0.000%	14	30:42.53	19.792	5.971%	34									30:27.91	19.951	0.793%	20					68	Williams, Nathaniel
Fineran, Dan	25:38.11	23.407	-4.040%	1	24:40.69	24.308	3.733%	33																															25:17.20	24.036	0.797%	20	25:27.08	23.88	-0.65%	11	65	Fineran, Dan
Christofaro, Josh	27:10.33	22.086	-1.116%	9													25:27.62	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	25:04.63	23.936	4.913%	34	Volunteer			14																																	62	Heiser, Ashby
Farmer, Chris																	33:08.72	18.100	0.000%	14									33:06.66	18.366	3.384%	32	33:11.47	18.312	-0.293%	12									58	Farmer, Chris
Nelson, Levi	23:03.73	26.012	0.000%	14	22:42.23	26.412	1.505%	24					22:23.14	26.608	0.707%	19																													57	Nelson, Levi
Newman, Jodi	27:14.91	21.239	0.000%	14	27:11.47	22.072	3.723%	33	28:00.31	21.429	-2.994%	3																																	50	Tremblay, Jodi
Six, Zoe													29:38.59	20.236	2.111%	27	29:26.20	20.385	0.697%	19																									46	Six, Zoe
Koontz, Dave									25:06.00	23.904	-1.499%	8					25:21.91	23.653	-1.056%	9	26:35.09	22.863	-2.444%	4																	25:09.59	23.234	1.599%	24					45	Koontz, Dave
Koontz, Sharon									Volunteer			14									42:06.23	14.252	-11.742%	14	DNF			14																			42	Koontz, Sharon
Leiser, Jenny									23:41.48	25.334	0.000%	14	23:08.48	25.937	2.324%	28																													42	Leiser, Jenny
Shiels, Terry	28:53.20	20.773	-4.357%	1	27:40.84	21.674	4.175%	34																					29:02.21	20.932	-1.510%	7													42	Shiels, Terry
Engle, James	25:23.13	23.638	0.000%	14																	24:49.39	24.177	2.220%	27																					41	Engle, James
Englin, Roxanne					29:56.05	20.045	-3.572%	1					29:55.47	20.056	0.032%	15																									31:07.72	19.525	-0.730%	11	31:21.37	19.38	-0.73%	14	41	Englin, Roxanne
Herrin, Jimmy					24:26.65	24.540	0.796%	20	24:32.00	24.457	-0.365%	12																													25:31.47	23.812	-1.050%	9					41	Herrin, Jimmy
Acker, Christian																	22:29.52	26.471	5.388%	34																									40	Acker, Christian
Bissette, Michael									22:31.37	26.647	-2.575%	3																																	37	Bissette, Michael
Kunkle, Christy	34:15.19	17.518	0.000%	14	33:49.87	17.734	1.230%	22																																					36	Kunkle, Christy
Thompson, Greg																													27:37.50	26.864	0.000%	14													36	Thompson, Greg
Greenfield, Erik	24:26.00	24.557	-1.171%	9	23:58.57	25.017	1.874%	26																																					35	Greenfield, Erik
Spokas, TJ																					29:49.29	21.088	12.804%	34																					34	Spokas, TJ
Alfano, Joel									28:05.04	21.365	0.000%	14																																	33	Alfano, Joel
Graham, Douglas	22:59.03	26.106	-2.919%	1	22:52.44	26.239	0.478%	17																																					32	Graham, Douglas
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																																														26	McLeod, Lilly
Reavis, Jim	30:20.67	19.769	0.000%	14																																			21:55.17	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					23:45.24	25.263	0.000%	14																																							24	Nord, Marshall
Melville, Rick									25:39.72	20.942	0.000%	14	28:56.53	20.725	-1.007%	9																															23	Melville, Rick
Barker, Molly																																														21	Barker, Molly
Tremblay, Jacob																													31:10.62	28.633	0.000%	14	21:37.37	28.109	-1.865%	6									20	Tremblay, Jacob
Dambach, Adam													25:40.22	23.241	0.468%	17																													17	Dambach, Adam
Siewers, Jim	28:06.67	21.340	0.000%	14									DNF			1																													15	Siewers, Jim
Acker, Loretta																													26:28.50	16.663	0.000%	14													14	Acker, Loretta
Allman, Traci	32:03.73	18.367	0.000%	14																																										14	Allman, Traci
Beatty, Brian																													28:04.31	21.652	0.000%	14													14	Beatty, Brian
Borner, James																																							25:46.84	23.576	0.000%	14							14	Borner, James
Boyer, Jeff													25:00.04	23.226	0.000%	14																															14	Boyer, Jeff
Burstein, David																	24:00.73	25.000	0.000%	14																											14	Burstein, David
Chin, Bernie																																																14	Chin, Bernie
Daleo, Jin					27:11.57	19.241	0.000%	14																																									14	Daleo, Jin
Galeotti, Peter									26:28.82	22.699	0.000%	14																																					14	Galeotti, Peter
Graham, Payton																																							29:53.94	20.330	0.000%	14									14	Graham, Payton
Hartley, Dana													30:14.02	19.846	0.000%	14																															14	Hartley, Dana
Heher, Scott					32:45.83	18.311	0.000%	14																																									14	Heher, Scott
Heydt, Phil																																																14	Heydt, Phil
Hinson, Mindy																																																14	Hinson, Mindy
Lunsford, Charles																													24:29.70	17.633	0.000%	14															14	Lunsford, Charles
MacGillivray, Matt																	27:58.17	21.454	0.000%	14																											14	MacGillivray, Matt
Martin, James																																																14	Martin, James
McCall, Benjamin																																																14	McCall, Benjamin
McCall, Jason																																																14	McCall, Jason
McLeod, Melody									26:52.84	22.319	0.000%	14																																					14	McLeod, Melody
Navey, James																																																14	Navey, James
Piasecki, Luke									DNF			14																																					14	Piasecki, Luke
Reynolds, Alex					26:24.28	20.408	0.000%	14																																									14	Reynolds, Alex
Robinson, Nan	Volunteer			14																																											14	Robinson, Nan
Rouse, Charles																																							25:25.17	23.006	0.000%	14									14	Rouse, Charles
Sciorilli, Elisa													28:30.31	20.821	0.000%	14																															14	Sciorilli, Elisa
Six, Fred	24:22.54	24.607	-2.341%	4																					25:24.05	23.922	-0.869%