

Athlete	25-Aug-12 3200m Stage Race	8-Sep-12 5000m Berry	11-Sep-12 5000m County Meet #2	11-Sep-12 3200m County Meet #2	15-Sep-12 5000m Double Dip	25-Sep-12 5000m County Meet #4	25-Sep-12 3200m County Meet #4	29-Sep-12 5000m Boone, NC	4-Oct-12 3200m JV Champ.	9-Oct-12 5000m Varsity Champ	13-Oct-12 5000m Asics	17-Oct-12 5000m Wesleyan	27-Oct-12 5000m Region 6-5A	10-Nov-12 5000m GHSA State
Apseloff, Davis			27:00		24:34	24:13							24:35	
Bass, Will	12:42		21:59		21:14		13:18	21:11	13:31			21:03	20:11	
Breslin, Kevin			33:37		32:35	30:59		30:46				30:03	29:27	
Bryant, Nathan			21:12		20:49		13:23	20:18	13:17				21:26	
Carrington, Richard			22:50											
Christopher, Adam	11:03				18:30			18:06		17:25	17:14		17:17	
Clinch, Patrick				18:48	30:06		17:18					28:58		
Curtis, Max			28:15		29:48									
D'Alessandro, Drew			21:18				13:42							
Davis, Bret			23:47		25:11			21:53				21:42	21:31	
Doherty, Noah			20:34		20:24	20:37						20:24	19:41	
Elmer, John-William			26:16		26:07	24:33						23:47	24:15	
Firebaugh, Owen	12:16	20:52	19:55		21:19	20:19		20:15			18:56	20:19	19:18	
Gaultney, Nick			27:28		27:10	27:06		25:20				26:25	25:49	
Goldstein, Noah	11:28	19:18	19:15		19:22			18:57		18:50	18:25		19:02	
Hollander, Parker	12:35	22:03	21:06		21:21	21:57		21:23			21:41	21:32	20:58	
Humphries, Zach				16:23	24:13							23:39	23:22	
Johnson, Quinton	11:55	19:52	19:43		19:36			19:15		19:02	18:43		18:51	
Karnick, Bobby	11:42	20:19	20:15			20:00				19:52	19:34		19:51	
Kelley, Ian			24:00		23:44		14:44					23:17	22:14	
Kennedy, Calvin			21:10		20:59	22:45					22:16	22:33	22:49	
Koval, Will			26:33		26:12							25:13	27:20	
La Kier, Ben				14:49	23:55							23:29		
Lee, Seung			22:19											
Lu, Tyler		19:22	19:21		18:57	19:16				18:50	18:49		18:45	
Lupoli, Jerrett			24:25		23:25		13:22		13:14				20:28	
Martin, Jack	12:35	21:18	20:58		20:08		12:43	19:34	12:30		18:50	19:10	18:44	
McKnight, Connor	11:15		18:10		18:02			18:16		17:30	17:11		17:45	
Noto, Max			20:45		21:23		13:05	20:25	12:46		19:09	19:54	19:17	
Pressnall, Justin			32:11		29:27	29:33						29:39	27:47	
Riordan, John			25:13		27:47	25:41						25:04	24:25	
Romero, Gerardo			23:50		21:56		13:57	21:04				20:21	20:52	
Ross, Benson			21:47		21:43		13:23	21:01	12:49		19:54	21:14		
Sexton, Brendan	11:07	18:53			19:00								19:46	
Sharma, Sunny			23:16		23:04	22:14						22:41	22:11	
Sheiner, Will			24:37		25:55	23:45						23:07	22:32	
Shockley, Brandon				15:07	24:49		14:47					22:44	23:25	
Spearman, Parker			24:28		23:17		14:13							
Sturken, Craig			24:13		24:21	24:31							23:10	
Teissler, Jeremy			28:09		30:23	27:30								
Tiede, Blake	11:00	17:49			17:53			17:44		17:35	16:55		17:24	
Velazquez, Cadmiel	12:14	19:47	19:43		19:34		12:32	18:53	12:05		17:55	19:12	18:56	
Watson, Jackson				14:18	22:23		13:36					20:39	21:02	
Weinschenker, Paul			24:31		28:15							24:31	24:39	
Zellner, Mark			28:09		28:21	26:27		26:07				25:56	24:45	

Fastest 3200m	Fastest 5000m
	24:13
12:42	20:11
	29:27
13:17	20:18
	22:50
11:03	17:14
17:18	30:06
	28:15
13:42	21:18
	21:31
	19:41
	24:15
12:16	18:56
	25:20
11:28	18:25
12:35	20:58
	23:22
11:55	18:43
11:42	19:34
14:44	22:14
	20:59
	26:12
14:49	23:55
	22:19
	18:45
	20:28
13:14	20:28
12:30	18:44
11:15	17:11
12:46	19:09
	27:47
	24:25
	20:52
13:57	20:52
12:49	19:54
11:07	18:53
	22:11
	22:32
	23:25
14:47	23:17
14:13	23:10
	27:30
11:00	16:55
12:05	17:55
13:36	21:02
	24:31
	24:45

**Overall Best Times - Name**

1	Tiede, Blake	Tiede, Blake	McKnight, Connor	Watson, Jackson	Tiede, Blake	Lu, Tyler	Velazquez, Cadmiel	Tiede, Blake	Velazquez, Cadmiel	Christopher, Adam	Tiede, Blake	Martin, Jack	Christopher, Adam	
2	Christopher, Adam	Sexton, Brendan	Goldstein, Noah	La Kier, Ben	McKnight, Connor	Karnick, Bobby	Martin, Jack	Christopher, Adam	Martin, Jack	McKnight, Connor	McKnight, Connor	Velazquez, Cadmiel	Tiede, Blake	
3	Sexton, Brendan	Goldstein, Noah	Lu, Tyler	Shockley, Brandon	Christopher, Adam	Firebaugh, Owen	Noto, Max	McKnight, Connor	Noto, Max	Tiede, Blake	Christopher, Adam	Noto, Max	McKnight, Connor	
4	McKnight, Connor	Lu, Tyler	Johnson, Quinton	Humphries, Zach	Lu, Tyler	Doherty, Noah	Bass, Will	Velazquez, Cadmiel	Ross, Benson	Goldstein, Noah	Velazquez, Cadmiel	Firebaugh, Owen	Martin, Jack	
5	Goldstein, Noah	Velazquez, Cadmiel	Velazquez, Cadmiel	Clinch, Patrick	Sexton, Brendan	Hollander, Parker	Lupoli, Jerrett	Goldstein, Noah	Lupoli, Jerrett	Goldstein, Noah	Goldstein, Noah	Romero, Gerardo	Lu, Tyler	
6	Karnick, Bobby	Johnson, Quinton	Firebaugh, Owen		Goldstein, Noah	Sharma, Sunny	Bryant, Nathan	Johnson, Quinton	Bryant, Nathan	Johnson, Quinton	Johnson, Quinton	Doherty, Noah	Johnson, Quinton	
7	Johnson, Quinton	Karnick, Bobby	Karnick, Bobby		Velazquez, Cadmiel	Kennedy, Calvin	Bryant, Nathan	Martin, Jack	Bass, Will	Karnick, Bobby	Lu, Tyler	Watson, Jackson	Velazquez, Cadmiel	
8	Velazquez, Cadmiel	Firebaugh, Owen	Doherty, Noah		Johnson, Quinton	Sheiner, Will	Watson, Jackson	Firebaugh, Owen		Martin, Jack	Bass, Will	Goldstein, Noah	Lu, Tyler	
9	Firebaugh, Owen	Martin, Jack	Noto, Max		Martin, Jack	Apseloff, Davis	D'Alessandro, Drew	Bryant, Nathan			Firebaugh, Owen	Ross, Benson	Noto, Max	
10	Hollander, Parker	Hollander, Parker	Martin, Jack		Doherty, Noah	Sturken, Craig	Romero, Gerardo	Noto, Max			Noto, Max	Hollander, Parker	Firebaugh, Owen	

Tiede, Blake	Tiede, Blake
Christopher, Adam	McKnight, Connor
Sexton, Brendan	Christopher, Adam
McKnight, Connor	Velazquez, Cadmiel
Goldstein, Noah	Goldstein, Noah
Karnick, Bobby	Johnson, Quinton
Johnson, Quinton	Martin, Jack
Velazquez, Cadmiel	Lu, Tyler
Firebaugh, Owen	Sexton, Brendan
Martin, Jack	Firebaugh, Owen

**Overall Best Times - Time**

1	11:00	17:49	18:10	14:18	17:53	19:16	12:32	17:44	12:05	17:25	16:55	19:10	17:17	
2	11:03	18:53	19:15	14:49	18:02	20:00	12:43	18:06	18:02	17:30	17:11	19:12	17:24	
3	11:07	19:18	19:21	15:07	18:30	20:19	13:05	18:16	12:46	17:35	17:14	19:54	17:45	
4	11:15	19:22	19:43	16:23	18:57	20:37	13:18	18:53	12:49	18:50	17:55	20:19	18:44	
5	11:28	19:47	19:43	18:48	19:00	21:57	13:22	18:57	13:14	18:50	18:25	20:21	18:45	
6	11:42	19:52	19:55		19:22	22:14	13:23	19:15	13:17	19:02	18:43	20:24	18:51	
7	11:55	20:19	20:15		19:34	22:45	13:23	19:34	13:31	19:52	18:49	20:39	18:56	
8	12:14	20:52	20:34		19:36	23:45	13:36	20:15			18:50	21:03	19:02	
9	12:16	21:18	20:45		20:08	24:13	13:42	20:18			18:56	21:14	19:17	
10	12:35	22:03	20:58		20:24	24:31	13:57	20:25			19:09	21:32	19:18	

11:00	16:55
11:03	17:11
11:07	17:14
11:15	17:55
11:28	18:25
11:42	18:43
11:55	18:44
12:05	18:45
12:16	18:53
12:30	18:56