

5 KM ON A 1.000 KM ROAD COURSE LOOP (5 LAPS EXACTLY)

LAPS TO GO:	4	3	2	1	0
ATHLETE LAPS DONE:	1	2	3	4	5
14 Valentina Vaitones	6'59	14'33	22'25	30 29	37 59
<del>13 Teresa Vait</del>					
15 Vera Vaitones	6'59	14'33	22'25	30 29	37 59
7 LAUREN HARRIS	4'46	9'40	14'45	19'55	25'09

NEW BLAZING 14  
 13 Teresa Vait  
 HALL RUNS 15  
 5057

MARIA <sup>4</sup> 4'25 <sup>3</sup> 8'52 <sup>2</sup> 13'20 <sup>1</sup> 17'53 22'21

DATE \_\_\_\_\_

EVENT \_\_\_\_\_ LAP COUNTER \_\_\_\_\_

FORM DESIGNED BY: JIM HANLEY, USA TRACK & FIELD, P.O. BOX 6744, THOUSAND OAKS, CA., 91359



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LAPS TO GO:	4	3	2	1	0
ATHLETE LAPS DONE:	1	2	3	4	5
11 Brenna Thomas	6:13	13:18	20:41	28:04	35:13
12 Amy Tonsits	7:16	14:42	22:04	29:37	37:06

DATE 6/10

EVENT \_\_\_\_\_ LAP COUNTER Jim O'Rourke

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5 + 6  
Kathy yellow 4p

5 KM ON A 1.000 KM ROAD COURSE LOOP (5 LAPS EXACTLY)

LAPS TO GO:		4	3	2	1	0
ATHLETE	LAPS DONE:	1	2	3	4	5
1	Maegan Allen	5:18	10:40	16:12	21:45	27:10
2	Cheryl Armstrong	6:06	12:25	18:54	25:25	31:56
33	Erin Taylor Talcott	4:59	9:59	15:04	20:14	25:25

DATE 6/10/18

EVENT \_\_\_\_\_ LAP COUNTER H Keating

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## 5 KM ON A 1.000 KM ROAD COURSE LOOP (5 LAPS EXACTLY)

LAPS TO GO:		4	3	2	1	0
ATHLETE	LAPS DONE:	1	2	3	4	5
3	Carol Bendall	6:11	12:35	19:15	26:04	32:46
4	Maryanne Daniel	5:47	11:58	18:23	24:57	31:33

DATE 6/10

EVENT \_\_\_\_\_

LAP COUNTER Clara O'Rourke

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LAPS TO GO:	4	3	2	1	0
ATHLETE LAPS DONE:	1	2	3	4	5
7 Lauren Harris	4:46	9:40	14:45	19:56	25:07
8 Maria Michta-Coffey	4:25	8:52	13:21	17:53	22:21

DATE 6/10/2018

EVENT USA 5K

LAP COUNTER Charles Menstach

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LAPS TO GO:		4	3	2	1	0
ATHLETE	LAPS DONE:	1	2	3	4	5
9	Kyra Pellegrino	5:46	12:37	19:44	26:43	<del>33:25</del> 33:25
10	Sophie Riegel	5:46	12:04	18:28	24:50	31:14
8	Maria M.C	4:24	8:52	13:20	17:52	22:20

DATE \_\_\_\_\_

EVENT \_\_\_\_\_ LAP COUNTER \_\_\_\_\_

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LAPS TO GO:		4	3	2	1	0
ATHLETE	LAPS DONE:	1	2	3	4	5
5	Kathleen Frable	7:17	14:46	22:14	29:50	37:25
6	Ellen Friend	8:56	17:49	26:51	35:49	44:22

DATE \_\_\_\_\_

EVENT \_\_\_\_\_

LAP COUNTER \_\_\_\_\_

*Robert Keating*

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