

LWC DISTANCE GROUPINGS 6-30-19

GROUP	NAME	RECOVERY PACE
Varsity	Lexy Sams	7:30-8:05
	Merrigan Allen	
	Rachel Baumgartner	
Emerging Varsity	Colleen Erdman	7:55-8:35
	Ella Maldonado	
	Ava Paoletti	
	Emma Olson	
	Shea Martin	
	Ceci Nilson	
	Nancy Flais (08)	
	Kate Martin (08)	
		8:20-9:05
	Beth Rafferty	
	Catherine Ikrke	
	Grace Eenigenburg	
	Mary Farhat	
	Madison Coglianesse	
	Cassidy Kennedy	
	Carly Shipman	
	Taylor Doyle	8:45-9:20
	Gabriella Bush (07)	
Sofia Coglianesse		
Christine Erdman		
Taylor White (08)		
Emerging Elite	Faith Lynn	9:15-10:00
	Hannah Bogdan	
	Mairead Meehan	
	Melissa Tarrant	
	Emily Kedzior	
	Winona Hearne	
	Faith Vascik	10:00-10:45
	Annabel Lomeli	
	Alexa Cohen (06)	
	Ava Dughetti (06)	
	Jaylyn Kucera (07)	
	Molly Olson (07)	
	Mya Klingenburg	
	Grace Vosburg	
	Emily Amadil (07)	
	Alek Anaya (07)	

Note: The times above are suggestions. They are to help guide you, not rule over you. If you did not run track during the spring, we're being cautious with your mileage and paces so you do not get hurt. Pace may be affected by weather, how accurate your GPS watch is, the surface you are running on, how you are feeling, and whether the surface is hilly or flat. **It is more important to run off of feel and complete the assigned training for the day.**