

## TEMPO FARTLEK 7-3-19

<b>GROUP</b>	<b>NAME</b>	<b>TEMPO PACE</b>
<b>Varsity</b> 3 x 4 min @ tempo with 2 min easy between	Lexy Sams	6:30-6:45
	Merrigan Allen	
	Rachel Baumgartner	
<b>Emerging Varsity</b> 3 x 4 min @ tempo with 2 min easy between	Colleen Erdman	6:45-7:00
	Ella Maldonado	
	Ava Paoletti	
	Emma Olson	
	Shea Martin	
	Ceci Nilson	
	Nancy Flais (08)	
	Kate Martin (08)	
		7:10-7:25
	Beth Rafferty	
	Catherine Ikrke	
	Grace Eenigenburg	
	Mary Farhat	
	Madison Coglianesse	
	Cassidy Kennedy	
	Carly Shipman	
	Taylor Doyle	7:20-7:40
	Gabriella Bush (07)	
Sofia Coglianesse		
Christine Erdman	7:20-7:40	
Taylor White (08)		
<b>Emerging Elite</b> 2 x 4 min @ tempo with 2 min easy between	Faith Lynn	7:55-8:15
	Hannah Bogdan	
	Mairead Meehan	
	Melissa Tarrant	
	Emily Kedzior	
	Winona Hearne	
		8:30-9:00
	Faith Vascik	
	Annabel Lomeli	
	Alexa Cohen (06)	
	Ava Dughetti (06)	
	Jaylyn Kucera (07)	
	Molly Olson (07)	
	Mya Klingenburg	
	Grace Vosburg	
Emily Amadil (07)		
Alek Anaya (07)		