

Union County Championships - Wednesday October 28, 2016

Enjoy it

Warinaco Park - Breezy and Cool

Varsity Boys - 3rd Overall - 16:48 avg - #3 SHS AT avg - 1:16 1-5 split :23 2-5 split

	Finish	Imp	Avg	1	2
1	C. Heckelma	15:53*	-.24	4:58	4:55 9:49
14	G. Feeney	16:46*	-.34	5:15	5:05 10:14
22	S. Passey	17:07*	-1:02	5:21	5:05 10:15
23	M. Mormile	17:07*	-1:03	5:21	5:15 10:27
24	S. Fleischma	17:09*	-.37	5:22	5:13 10:28

28	J. Bunting	17:22*	-.47	5:26	5:13 10:38
37	M. Russo	17:42*	-.27	5:32	5:10 10:42

- 1 Westfield 45 5 6 9 10 15 18 29
 2 UC 51 2 7 11 12 19 31 55
 3 SUMMIT 84 1 14 22 23 24 28 37
 4 Scotch-Plains 99 8 13 17 27 34 41 44

JV - 2nd overall - 17:41 Avg - :32 1-5 split

4	W. Robertsc	17:27*	-.16	5:27	5:25 10:45
6	N. Hausman	17:29*	1:14	5:28	5:25 10:40
9	B. Driscoll	17:42	-1:05	5:32	5:27 10:48
11	D. Hausman	17:47*	-.20	5:34	5:25 10:48
14	W. Freeman	17:59*	-.37	5:38	5:25 10:50
30	M. Timoney	18:28*	-.45	5:47	5:45 11:20
35	D. Naiman	18:34		5:48	5:35 11:12
36	S. Molina	18:36*	-.56	5:49	5:38 11:30
37	W. Lusty	18:37*	.41	5:50	5:58 11:30
40	J. Pantoya	18:40*	-1:24	5:50	5:43 11:20
46	E. McNama	18:48*	-1:01	5:53	5:46 11:30
47	N. Freeman	18:51*	-.07	5:54	5:48 11:30
50	S. O'Connell	18:58*	-1:43	5:56	12:12
51	B. Wagenba	18:59		5:56	11:34
71	T. Chicules	19:27		6:05	5:48 11:36
74	S. Greenblat	19:30		6:06	6:11 13:05
76	K. Sengupta	19:33*	-.24	6:07	12:06
77	Ky. Murray	19:34*	-.13	6:07	6:11 12:06
82	F. Arellano	19:40*	-.13	6:09	6:19 12:12
83	C. Dalton	19:41*	-.59	6:09	6:13 12:12
87	J. Banks	19:45*	-1:22	6:11	6:18 12:12
97	D. Donaldso	19:58*	-1:37	6:15	6:13 12:30
102	C. Parks	20:06		6:17	6:11 12:12

111	M. Reddy	20:14*	-.56	6:20	12:30
113	J. Oh	20:17	-1:27	6:21	12:38
120	J. Chao	20:24	-1:12	6:23	6:23 12:32
121	J. Chasin	20:26*	-.47	6:23	6:18 12:35
138	C. Kelser	20:52*	-.43	6:31	6:33 12:53
155	E. Barsh	21:06*	-.36	6:36	6:28 12:53
182	A. Meija	22:05	-.49	6:54	13:42
188	B. Kanaley	22:16*	-1:40	6:58	13:38
190	B. Gomes	22:19*	-1:18	6:59	13:37
219	J. Roncallo	24:03*	-2:18	7:31	14:33
227	M. Sussman	24:21		7:37	15:08
251	I. Filiault	26:54*	-.23	8:25	16:30
258	A. Abkemei	28:28		8:54	17:38

- 1 Westfield 21 1 2 3 7 8 10 12
 2 SUMMIT 43 4 6 9 11 13 18 23
 3 UC 103 5 14 16 32 36 52 62
 4 Cranford 121 17 19 27 28 30 43 46
 5 Oratory 137

Freshmen - 3rd Overall - 13:28 Avg

2	W. Kasemey	12:57*	:37	6:10	5:28
10	P. Mohan	13:19*	-1:08	6:21	5:46
12	E. Betz	13:28*	-.14	6:25	5:44
16	A. Flamme	13:40*	-.30	6:31	5:55
22	C. Taylor	13:58*	-.36	6:39	5:57
25	J. Khanin	14:08*	-1:32	6:44	6:00
52	S. Lehrich	15:20*	-.51	7:18	6:33
55	O. Rankine	15:31*	-.36	7:24	6:33
60	M. Nemani	16:23*	-.18	7:48	7:08

62	P. Bauman	16:37*	-3:27	7:55	7:08
63	A. Rodrigue	16:52*	-.13	8:02	7:12
64	J. Quinn	16:53*	-.15	8:03	7:11
74	K. Kaes	18:35		8:51	7:48
76	T. McGhee	20:10*	-1:15	9:37	8:33

- 1 Westfield 39
 2 UC 54
 3 SUMMIT 61
 4 Gov Liv 87

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Consider This:

Zones of Achievement

Comfort Zone - where most people operate.

They are satisfied & always comfortable

They take no risks

Performance Zone - Less people here; more

commitment, occasionally uncomfortable -

occasionally willing to take a risk

High Performance Zone - willing to risk and be uncomfortable. In fact they are uncomfortable more often than they are comfortable

Peak Performance Zone - comfortable being uncomfortable. Constantly pushing the envelope.

What kind of athlete/performer do you want to be?

Leaders, what kind of team culture do you want to create?

Goal Time/ <u>5150</u>	Pace: <u>16</u>	3% faster than goal pace	Two Mile Target or faster
16:00	5:00	4:51	9:51
16:09	5:04	4:55	9:59
16:32	5:08	5:00	10:08
16:48	5:12	5:04	10:16
17:04	5:20	5:11	10:31
17:20	5:24	5:15	10:39
17:36	5:32	5:23	10:55
17:52	5:36	5:26	11:02
18:08	5:40	5:30	11:10
18:24	5:44	5:34	11:18
18:40	5:48	5:38	11:26
18:56	5:52	5:42	11:34
19:12	6:00	5:49	11:49
19:44	6:04	5:53	11:57
20:16	6:20	6:09	12:29
21:20	6:40	6:28	13:08
22:24	7:00	6:48	13:48

<u>16</u>	<u>32</u>	<u>5150</u>
5:00	10:00	####
5:08	10:16	####
5:12	10:24	####
5:20	10:40	####
5:24	10:48	####
5:32	11:04	####
5:36	11:12	####
5:40	11:20	####
5:44	11:28	####
5:48	11:36	####
5:52	11:44	####
6:00	12:00	####
6:04	12:08	####
6:20	12:40	####
6:40	13:20	####
7:00	14:00	####