

**Week 10**

**May 1 - 7**

	6x30m	JV Meet/Speed	6x30 m	Packer R	HW/Prom	Active R	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Berry, Jack	1 up/down 3200/800 speed	5 miles	1 up/down 800 Speed	4 miles	Packer Relays	7 miles	Active R
Boaz, Layton	1 up/down 1600/800 speed	5 miles	1 up/down 800 Speed	4 miles	Packer Relays	7 miles	Active R
Carlsen, Caleb	Hurdles - 400m Speed	4 miles	JV Meet	Hurdles - 3 miles	Packer Relays	4 miles	Active R
Diederich, Preston	1 up/down 1600/800 speed	5 miles	1 up/down 800 Speed	4 miles	Packer Relays	7 miles	Active R
Fiala, Aidan	1 up/down 3200/800 speed	5 miles	1 up/down 800 Speed	4 miles	Packer Relays	8 miles	Active R
Kleven, Joe	1 up/down 1600/800 speed	4 miles	3 miles	Middle School Meet	3 miles	3 miles	Active R
Reed, Cayden	1 up/down 1600/800 speed	6 miles	1 up/down 800 Speed	4 miles	Packer Relays	8 miles	Active R
Roehl, Quinn	1 up/down 1600/800 speed	6 miles	1 up/down 800 Speed	4 miles	Howard Wood	Howard Wood	Active R
Salberg, Steven	1 up/down 3200/800 speed	5 miles	1 up/down 800 Speed	4 miles	Packer Relays	6 miles	Active R
Salier, Kaden	1 up/down 1600/800 speed	4 miles	3 miles	Middle School Meet	3 miles	3 miles	Active R
Sande, Curtis	1 up/down 800/400 Speed	4 miles	1 up/down 800 Speed	3 miles	Packer Relays	4 miles	Active R
Schwan, Cody	1 up/down 1600/800 speed	4 miles	JV Meet	3 miles	TBA	4 miles	Active R
Schwan, Jaden	1 up/down 1600/800 speed	4 miles	JV Meet	3 miles	TBA	4 miles	Active R
Sum, Theo							
Vanyo, Tyson	1 up/down 800/400 Speed	2 miles	1 up/down 800 Speed	2 miles	Packer Relays	2 miles	Active R