

WEEK 11 Oct 23-29			4x100		4x100	State Meet	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brown, Emma	5 miles	Speed	3 miles	Speed	3 miles	5K	
Fiala, Claire	5 miles	Speed	4 miles	Speed	3 miles	5K	
Fiala, Paige	5 miles	Speed	4 miles	Speed	3 miles	5K	
Henry, Tennasyn	5 miles	Speed	3 miles	Speed	3 miles	5K	
Hogberg, Ryah							
Ihry, Emmi	6 miles	Speed	4 miles	Speed	3 miles	5K	
Uhlir, Katie	4 miles	Speed	3 miles	Speed	3 miles	5K	
Zimprich, Samara	5 miles	Speed	4 miles	Speed	3 miles	5K	
Kuster, Maddie	5 miles	Speed	3 miles	Speed	3 miles	5K	