emerging elites

THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES

Date	Name	Affliation	Event	Time	Place	Notes
3-Jan	Camille Murphy	Framingham High School	1000m	03:10.9		
10-Jan	Camille Murphy	Framingham High School	Mile	05:22.6		PR!
11-Jan	Alex Tarnoff	Belmont Hill School	400m	53:34		
11-Jan	Alex Tarnoff	Belmont Hill School	60m	7.57		
11-Jan	Jenny Donnelly	Noble and Greenough	Mile	05:19.3		PR!
17-Jan	Camille Murphy	Framingham High School	1000m	3:06		Top 5 time in MA this year!
19-Jan	Camille Murphy	Framingham High School	800m	2:25		PR!
19-Jan	Camille Murphy	Framingham High School	Mile	5:22		Matches PR
20-Jan	Ari Garber	Brown University	Mile	05:16.4		PR!
20-Jan	Jenny Donnelly	Noble and Greenough	Mile	05:17.8		Mile PR!
20-Jan	Dan Burnett	BB&N	Mile	04:58.5		PR! First time sub 5
20-Jan	Emma MacDonald	Noble and Greenough	400m	1:06:06		
20-Jan	Alex Tarnoff	Belmont Hill School	200m	24.2		
20-Jan	Alex Tarnoff	Belmont Hill School	400m	52.72		Indoor PR!
24-Jan	Kaitryn Power	Stonehill College	1000m	03:22.6		Qualified for State Sectionals!
24-Jan	Erin MacDonald	Noble and Greenough	1000m	03:26.3		
24-Jan	Lauren Smith	Fairfield College	600m	01:47.2		
24-Jan	Alex Smith	Fontbonne Academy	300m	46.1		
25-Jan	Brett Hayes	Noble and Greenough	200m	27.65		PR!
25-Jan	Emma MacDonald	Noble and Greenough	200m	28.66		
25-Jan	Jenny Donnelly	Noble and Greenough	Mile	05:16.4		PR!
26-Jan	Will Gibbons	Belmont Hill School	1000m	02:44.8		
26-Jan	Alex Tarnoff	Belmont Hill School	400m	52.65		Indoor PR!
26-Jan	Alex Tarnoff	Belmont Hill School	200m	24.3		

Copyright of Emerging Elites 2008. All rights reserved.

www.emergingelites.com
info@emergingelites.com