

**Conversion from HH to****FAT=.24****FAT/HH**

	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
55m Dash											
Ebony Williams	7.90		7.80		8.00						
Courtney Vautier	8.50										
Kelsie Thomas	9.60		9.90		9.50						
Doug Nesbitt	7.00										
Kadeem Gaitor	6.90		7.20								
Dan Bigstaff	7.50				7.30						
Marcus Wilson	7.40		7.60								
Chris Law	7.00		7.20		7.20						
60m Dash	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
55m HH	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Matt Kelly	8.5		8.3		8.3		8.48				
Pat Fetzko	8.0		8.6				8.15				
60m HH	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
200m	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Courtney Vaultier		32.00									
Ebony Williams						29.40					
Aaron Thompson		25.60			25.20						
Kadeem Gaitor		24.80									
Pat Fetzko		25.60									
Chris Law					28.60	27.80					

Dan Bigstaff					25.50	26.30					
400m	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Ebony Williams		69.4	72.1								
Josh Winter	60.4										
Doug Nesbitt		56.7	57.2								
Matt Kelly		61.5									
Dan Bigstaff		60.8	63.7								
Mike Smith					57.2						
800m	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Mindy Argyle	02:44.1		02:37.4		02:41.1		02:48.1				
Courtney Wirtz	03:02.4		03:02.8		03:03.3						
Brianne Vaultier		03:19.9									
Courtney Gasparovic		02:55.6									
Mike Smith	02:09.2	02:08.5	02:07.2		02:04.4	02:02.9	02:01.4	02:00.1			
Keith Kitchen	02:15.6	02:13.7	02:15.3			02:12.1	02:09.1				
Eric Radokovich	02:57.6	02:49.9	02:51.7			02:40.0					
Josh Winter			02:30.1								
1600m	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Mindy Argyle	05:59.4				05:57.0	05:48.4	05:50.9				
Courtney Wirtz	06:35.3				06:41.9						
Shelby		07:02.2									
Mike Smith	05:00.0										
Keith Kitchen	05:18.0										
Bobby Spicuzza	05:38.0										
3000m	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Courney Wirtz		13:06.0	13:23.0			13:22.4					
Mindy Argyle			12:12.3								
Keith Kitchen			11:22.0								
Shot Put	<b>6-Jan</b>	<b>11-Jan</b>	<b>20-Jan</b>	<b>25-Jan</b>	<b>3-Feb</b>	<b>8-Feb</b>	<b>17-Feb</b>	<b>24-Feb</b>			
Cassy Furnival	29' 11 1/2"		27' 6"		31' 4 1/2"	30' 8"	30' 8"				



4x200 Girls	Time	Date
Yancy, Vautier Dinofrio, Williams	02:05.0	1/6/2006

4x200 Boys	Time	Date
Fetzko, Nesbitt	01:41.9	1/6/2006
Thompson, Gaiter Bigstaff, White Wilson, Law	01:49.6	1/6/2006

4x400m Boys	Time	Date
Smith (55.4), Fetzko (58.5) Gaiter (63.3), Nesbitt (58)	03:55.2	1/20/2006
Wilson (63.4), Bigstaff (62.3) Winters (59.4), Kelly (59.6)	04:04.1	1/20/2006

4x400m Girls	Time	Date
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4x800m Boys	Time	Date
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4x800m Girls	Time	Date
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