

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish	
Spitz	03/07/15	ISU	<i>Touchdown</i>	3.07	4.37	5.67	6.97	8.30	10.01	9.31
60H	<i>Prelim</i>		<i>Rhythm Unit</i>		1.30	1.30	1.30	1.33	1.71	
Spitz	03/07/15	ISU	<i>Touchdown</i>	3.03	4.40	5.70	7.00	8.37	10.08	
60H	<i>Final</i>		<i>Rhythm Unit</i>		1.37	1.30	1.30	1.37	1.71	
Spitz	03/13/15	U of Chicago 3	<i>Touchdown</i>	3.06	4.40	5.77	7.17	8.67	10.58	
60H	<i>Final</i>		<i>Rhythm Unit</i>		1.34	1.37	1.40	1.50	1.91	
Spitz	03/20/15	NDC	<i>Touchdown</i>	3.06	4.40	5.77	7.17	8.60	9.67	10.40
55	<i>Prelim</i>	<i>Hurt W/U 4 final</i>	<i>Rhythm Unit</i>		1.34	1.37	1.40	1.43	1.07	
Spitz	03/28/15	ITT	<i>Touchdown</i>	3.06	4.40	5.77	7.14	8.50	10.21	
60H	<i>Prelim</i>	<i>Hurt W/U 4 final</i>	<i>Rhythm Unit</i>		1.34	1.37	1.37	1.36	1.71	

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish	
Little Foot	03/07/15	ISU	<i>Touchdown</i>						11.09	
60H	<i>Prelim</i>	<i>4 stepped Bad Video</i>	<i>Rhythm Unit</i>		1.50	1.53	1.50	1.43		
				<i>R</i>	<i>L</i>	<i>R</i>	<i>L</i>	<i>R</i>		
Little Foot	03/07/15	ISU	<i>Touchdown</i>	3.37	4.83	6.33	7.77	9.24	10.97	10.20
60H	<i>Final</i>	<i>4 stepped</i>	<i>Rhythm Unit</i>		1.46	1.50	1.44	1.47	1.73	
				<i>R</i>	<i>L</i>	<i>R</i>	<i>L</i>	<i>R</i>		
Little Foot	03/13/15	U of Chicago 3	<i>Touchdown</i>	3.37	4.97	6.57	8.17	9.77	11.72	
60H	<i>Final</i>	<i>5 Stepped</i>	<i>Rhythm Unit</i>		1.60	1.60	1.60	1.60	1.95	
				<i>R</i>	<i>R</i>	<i>R</i>	<i>R</i>	<i>R</i>		
Little Foot	03/20/15	NDC	<i>Touchdown</i>	3.37	5.10	6.63	8.20	9.67	10.82	11.64
55	<i>Prelim</i>	<i>5 Stepped H2</i>	<i>Rhythm Unit</i>		1.73	1.53	1.57	1.47	1.15	
				<i>R</i>	<i>R</i>	<i>L</i>	<i>R</i>	<i>L</i>		

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish	
Bill	03/07/15	ISU	<i>Touchdown</i>	3.06	4.47	5.87	7.40	8.94	10.77	10.01
60H	<i>Prelim</i>		<i>Rhythm Unit</i>		1.41	1.40	1.53	1.54	1.83	

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Big Red	02/13/15	U of Chicago 1	Touchdown	3.26	4.80	6.57	8.30	10.07	11.51
60H	Prelim		Rhythm Unit		1.54	1.77	1.73	1.77	1.44
Big Red	03/07/15	ISU	Touchdown	3.13	4.67	6.33	8.04	9.77	11.01
60H	Prelim	Hit H2	Rhythm Unit		1.54	1.66	1.71	1.73	1.24
Big Red	03/13/15	U of Chicago 3	Touchdown	3.23	4.86	6.52	8.12	9.78	11.24
60H	Final		Rhythm Unit		1.63	1.66	1.60	1.66	1.46
Big Red	03/20/15	NDC	Touchdown	3.30	4.90	x	x	x	10.28
55H	Prelim	Bad Video	Rhythm Unit		1.60				11.07

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
QB1	03/20/15	NDC	Touchdown	3.10	4.50	6.00	7.57	9.20	9.92
55	Prelim	1 st race – Hit H5	Rhythm Unit		1.40	1.50	1.57	1.63	0.72

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Too Tall	03/13/15	U of Chicago 3	Touchdown	3.26	4.80	6.40	7.93	9.53	10.61
60H	Prelim		Rhythm Unit		1.54	1.60	1.53	1.60	1.08
Too Tall	03/20/15	NDC	Touchdown	3.26	4.80	6.37	7.94	9.54	10.13
55	Prelim		Rhythm Unit		1.54	1.57	1.57	1.60	0.59

Big Red

Athlete	Date	Meet	Time	H1	H2	H3
Big Red	02/13/15	U of Chicago 1	<i>Touchdown</i>	3.26	4.80	6.57
60H	<i>Prelim</i>		<i>Rhythm Unit</i>		1.54	1.77
Big Red	03/07/15	ISU	<i>Touchdown</i>	3.13	4.67	6.33
60H	<i>Prelim</i>	<i>Hit H2</i>	<i>Rhythm Unit</i>		1.54	1.66
Big Red	03/13/15	U of Chicago 3	<i>Touchdown</i>	3.23	4.86	6.52
60H	<i>Final</i>		<i>Rhythm Unit</i>		1.63	1.66
Big Red	03/20/15	NDC	<i>Touchdown</i>	3.30	4.90	x
55H	<i>Prelim</i>	<i>Bad Video</i>	<i>Rhythm Unit</i>		1.60	#VALUE!

Big Red

H4	H5	Finish
8.30	10.07	11.51
1.73	1.77	1.44
8.04	9.77	11.01
1.71	1.73	1.24
8.12	9.78	11.24
1.60	1.66	1.46
x	x	10.28
#VALUE!	#VALUE!	#VALUE!

11.07

Bill

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Bill	03/07/15	ISU	<i>Touchdown</i>	3.06	4.47	5.87	7.40	8.94	10.77 10.01
60H	Prelim		<i>Rhythm Unit</i>		1.41	1.40	1.53	1.54	1.83

Little Foot

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Little Foot	03/07/15	ISU	<i>Touchdown</i>						11.09
60H	<i>Prelim</i>	<i>4 stepped Bad Video</i>	<i>Rhythm Unit</i>		1.50	1.53	1.50	1.43	
				R	L	R	L	R	
Little Foot	03/07/15	ISU	<i>Touchdown</i>	3.37	4.83	6.33	7.77	9.24	10.97
60H	<i>Final</i>	<i>4 stepped</i>	<i>Rhythm Unit</i>		1.46	1.50	1.44	1.47	1.73
				R	L	R	L	R	
Little Foot	03/13/15	U of Chicago 3	<i>Touchdown</i>	3.37	4.97	6.57	8.17	9.77	11.72
60H	<i>Final</i>	<i>5 Stepped</i>	<i>Rhythm Unit</i>		1.60	1.60	1.60	1.60	1.95
				R	R	R	R	R	
Little Foot	03/20/15	NDC	<i>Touchdown</i>	3.37	5.10	6.63	8.20	9.67	10.82
55	<i>Prelim</i>	<i>5 Stepped H2</i>	<i>Rhythm Unit</i>		1.73	1.53	1.57	1.47	1.15
				R	R	L	R	L	

11.64

QB1

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
QB1	03/20/15	NDC	<i>Touchdown</i>	3.10	4.50	6.00	7.57	9.20	9.92
55	<i>Prelim</i>	<i>1st race – Hit H5</i>	<i>Rhythm Unit</i>		1.40	1.50	1.57	1.63	0.72

10.68

Spitz

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9
Spitz	05/08/14	BNC Conf	Touchdown	3.06	4.40	5.73	7.07	8.44	9.80	11.21	12.61	14.01
100H - PR	Final		Rhythm Unit		1.34	1.33	1.34	1.37	1.36	1.41	1.40	1.40

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish	
Spitz	03/07/15	ISU	Touchdown	3.07	4.37	5.67	6.97	8.30	10.01	9.31
60H	Prelim		Rhythm Unit		1.30	1.30	1.30	1.33	1.71	
Spitz	03/07/15	ISU	Touchdown	3.03	4.40	5.70	7.00	8.37	10.08	
60H	Final		Rhythm Unit		1.37	1.30	1.30	1.37	1.71	
Spitz	03/13/15	U of Chicago 3	Touchdown	3.06	4.40	5.77	7.17	8.67	10.58	
60H	Final		Rhythm Unit		1.34	1.37	1.40	1.50	1.91	
Spitz	03/20/15	NDC	Touchdown	3.06	4.40	5.77	7.17	8.60	9.67	10.400085
55H	Prelim	Hurt W/U 4 final	Rhythm Unit		1.34	1.37	1.40	1.43	1.07	
Spitz	03/20/15	IWU	Touchdown	3.06	4.40	5.77	7.14	8.50	10.23	
60H	Prelim	ITT	Rhythm Unit		1.34	1.37	1.37	1.36	1.73	

Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)	Finish	Run In
03/29/12	Clinton	Spitz	8.14	13.68	19.25	25.02	31.06	37.13	43.71	50.25	51.71	1.46
		split	8.14	5.54	5.57	5.77	6.04	6.07	6.58	6.54		
04/03/12	Bago	Spitz	8.54	14.28	20.25	26.19	32.20	38.24	44.21	50.05	51.68	1.63
		split	8.54	5.74	5.97	5.94	6.01	6.04	5.97	5.84		
04/13/12	Freeport	Spitz	8.24	13.71	19.51	25.62	31.83	38.33	44.91	51.45	53.05	1.60
		split	8.24	5.47	5.80	6.11	6.21	6.50	6.58	6.54		
04/21/12	RCI	Spitz	8.00	13.34	18.98	24.79	30.76	36.60	42.64	48.91	50.54	1.63
		split	8.00	5.34	5.64	5.81	5.97	5.84	6.04	6.27		
		steps	25	18	19	19	19	19	19	19	7	164
		lead	L	R	R	R	R	R	R	R		
04/28/12	NAC	Spitz	7.87	13.24	18.91	24.89	31.39	37.87	44.34	51.08	52.99	1.91
		split	7.87	5.37	5.67	5.98	6.50	6.48	6.47	6.74		

Spitz

		<i>steps</i>	26	19	19	19	21	20	20	20	7	171
		<i>lead</i>	R	R	R	R	R	L	R	R		
05/11/12	Sterling	Spitz	7.64	12.64	18.01	23.39	28.96	34.90	41.14	47.51	49.57	2.06
Sectional		<i>split</i>	7.64	5.00	5.37	5.38	5.57	5.94	6.24	6.37		
	PR!	<i>steps</i>	24	17	18	18	19	19	20	21	6	162
		<i>lead</i>	R	R	L	R	R	R	L	L		
05/02/13	BNC	Spitz	7.87	13.14	18.71	24.25	30.02	35.80	41.94	48.75	50.65	1.90
	G-K	<i>split</i>	7.87	5.27	5.57	5.54	5.77	5.78	6.14	6.81		
04/12/14	Lutheran	Spitz	7.80	13.21	18.98	24.82	30.76	36.87	43.54	49.18	50.81	1.63
		<i>split</i>	7.80	5.41	5.77	5.84	5.94	6.11	6.67	5.64		
H5 @36"	Spacing?	<i>steps</i>	25	17	18	18	18	19	21	18	6	160
		<i>lead</i>	R	R	L	R	L	L	L	R		
04/17/14	Freeport	Spitz	7.64	12.77	18.35	24.35	30.66	37.17	43.57	50.05	51.87	1.82
		<i>split</i>	7.64	5.13	5.58	6.00	6.31	6.51	6.40	6.48		
		<i>steps</i>	25	17	18	19	20	20	20	20	6	165
		<i>lead</i>	R	R	L	L	R	L	R	L		
04/27/14	RCI	Spitz	7.54	12.61	17.88	23.28	28.86	34.63	40.54	46.74	48.44	1.70
		<i>split</i>	7.54	5.07	5.27	5.40	5.58	5.77	5.91	6.20		
	PR!	<i>steps</i>	24	17	18	18	19	19	20	21	6	162
		<i>lead</i>	R	R	L	R	R	R	L	L		

Spitz

H10	Finish
15.48	16.89
1.47	1.41

Spitz

Too Tall

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Too Tall	03/13/15	U of Chicago 3	<i>Touchdown</i>	3.26	4.80	6.40	7.93	9.53	10.61
60H	<i>Prelim</i>		<i>Rhythm Unit</i>		1.54	1.60	1.53	1.60	1.08
Too Tall	03/20/15	NDC	<i>Touchdown</i>	3.26	4.80	6.37	7.94	9.54	10.13
55	<i>Prelim</i>		<i>Rhythm Unit</i>		1.54	1.57	1.57	1.60	0.59

Too Tall

10.91

100H Bests

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Courtney	04/27/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	8.70	9.91	11.11	12.31	13.54	14.74
			<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	1.20	1.21	1.20	1.20	1.23	1.20
Audrey	05/06/13	BNC Conf	<i>Touchdown</i>	2.96	4.20	5.43	6.67	7.87	9.10	10.34	11.57	12.84	14.08	15.35
			<i>Rhythm Unit</i>		1.24	1.23	1.24	1.20	1.23	1.24	1.23	1.27	1.24	1.27
Taylor	05/08/14	BNC Conf	<i>Touchdown</i>	3.06	4.40	5.73	7.07	8.44	9.80	11.21	12.61	14.01	15.48	16.89
			<i>Rhythm Unit</i>		1.34	1.33	1.34	1.37	1.36	1.41	1.40	1.40	1.47	1.41

300H Bests

Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)	Finish	Run In
04/10/10	Bago	Flipps	7.10	11.97	17.01	22.46	28.06	33.73	39.91	46.58	48.34	1.76
<i>Record</i>		<i>split</i>	7.10	4.87	5.04	5.45	5.60	5.67	6.18	6.67		
		<i>steps</i>	21	16	16	17	17	17	18	19	6	147
		<i>lead</i>	L	R	L	L	L	L	R	R		
05/13/11	Plano	Smalls	7.27	12.41	17.65	23.39	29.39	35.46	41.54	48.01	49.77	1.76
<i>Sectional</i>		<i>split</i>	7.27	5.14	5.24	5.74	6.00	6.07	6.08	6.47		
		<i>steps</i>	24	18	18	19	19	19	19	20	6	162
		<i>lead</i>	R	L	R	R	L	R	L	L		
	<i>PR!</i>	Crash	7.64	12.77	18.41	24.25	30.76			50.71	52.50	1.79
		<i>split</i>	7.64	5.13	5.64	5.84	6.51	-30.76	0.00	50.71		
05/11/12	Sterling	Spitz	7.64	12.64	18.01	23.39	28.96	34.90	41.14	47.51	49.57	2.06
<i>Sectional</i>		<i>split</i>	7.64	5.00	5.37	5.38	5.57	5.94	6.24	6.37		
	<i>PR!</i>	<i>steps</i>	24	17	18	18	19	19	20	21	6	162
		<i>lead</i>	R	R	L	R	R	R	L	L		
04/27/14	RCI	Spitz	7.54	12.61	17.88	23.28	28.86	34.63	40.54	46.74	48.44	1.70
		<i>split</i>	7.54	5.07	5.27	5.40	5.58	5.77	5.91	6.20		
	<i>PR!</i>	<i>steps</i>	25	17	18	18	18	19	19	20	6	160
		<i>lead</i>	R	R	L	R	L	L	L	R		
Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)	Finish	Run In
04/27/14	RCI	Spitz	7.54	12.61	17.88	23.28	28.86	34.63	40.54	46.74	48.44	1.70
04/10/10	Bago	Flipps	7.10	11.97	17.01	22.46	28.06	33.73	39.91	46.58	48.34	1.76
		Differential	0.44	0.64	0.87	0.82	0.80	0.90	0.63	0.16	0.10	

Crash

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7
Audrey	05/19/11	State	Touchdown	2.96	4.20	5.47	6.70	7.97	9.20	10.51
			Prelim	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
Audrey	05/04/12	BDN	Touchdown	2.97	4.20	5.43	6.67	7.90	9.20	10.51
			Final	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
Audrey <i>100H - PR</i>	05/06/13	BNC Conf	Touchdown	2.96	4.20	5.43	6.67	7.87	9.10	10.34
			Final	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Audrey	03/16/13	NDC	Touchdown	2.96	4.23	5.47	6.70	7.97	8.94
			Final	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
Audrey 60H	03/23/13	IPTT	Touchdown	3.00	4.27	5.50	6.77	8.04	9.67
			Final	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
Audrey <i>55H - PR</i>	01/18/14	Sol Butler	Touchdown	2.96	4.20	5.43	6.67	7.90	8.81
			Final	Rhythm Unit	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7
Audrey	05/06/13	BNC Conf	Touchdown	2.96	4.20	5.43	6.67	7.87	9.10	10.34
					1.24	1.23	1.24	1.20	1.23	1.24

Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)
04/13/12	Freeport	Crash	7.70	13.11	18.95	25.35	31.99	39.10		54.08
		split	7.70	5.41	5.84	6.40	6.64	7.11	-39.10	54.08
04/28/12	NAC	Audrey	7.70	13.14	18.98	25.49	32.19	38.83	45.87	53.28
		split	7.70	5.44	5.84	6.51	6.70	6.64	7.04	7.41
		steps	24	17	18	20	20	20	20	21
		lead	R	R	L	R	L	R	L	L
05/02/13	BNC	Audrey	7.44	12.51	17.81	23.82	30.21	36.60	43.17	50.78
		split	7.44	5.07	5.30	6.01	6.39	6.39	6.57	7.61

Crash

Note – H5 & H6 times are averaged

Crash

H8	H9	H10	Finish
11.84	13.14	14.53	15.97
###	###	###	###
11.81	13.14	14.48	15.84
###	###	###	###
11.57	12.84	14.08	15.35
###	###	###	###

H8	H9	H10	Finish
11.57	12.84	14.08	15.35
1.23	1.27	1.24	1.27

Finish	Run In
56.35	2.27

55.39	2.11
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7	167
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52.85	2.07
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Crash

Flippo



Updated
03/25/13

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Courtney	03/20/09	NDC	<i>Touchdown</i>	3.00	4.27	5.53	6.84	8.14	9.08
	<i>Final</i>	<i>1st race back</i>	<i>Rhythm Unit</i>		1.27	1.26	1.31	1.30	0.94
Courtney	03/27/09	IPTT	<i>Touchdown</i>	2.86	4.13	5.33	6.57	7.80	8.78
55H	<i>Final</i>		<i>Rhythm Unit</i>		1.27	1.20	1.24	1.23	0.98
Courtney	03/26/10	IPTT	<i>Touchdown</i>	2.86	4.10	5.30	6.50	7.70	8.60
55H – PR	<i>Final</i>		<i>Rhythm Unit</i>		1.24	1.20	1.20	1.20	0.90
Courtney	04/29/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	
100H	<i>Final</i>		<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Courtney	04/27/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	8.70	9.91	11.11	12.31	13.54	14.74
100H - PR			<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	1.20	1.21	1.20	1.20	1.23	1.20
Courtney	05/20/10	State	<i>Touchdown</i>	2.87	4.07	5.27	6.44	7.60	8.80	10.01	11.28	12.48	13.71	14.99
		<i>Problem H8</i>	<i>Rhythm Unit</i>		1.20	1.20	1.17	1.16	1.20	1.21	1.27	1.20	1.23	1.28
Alexa Allen	05/20/10	State	<i>Touchdown</i>	2.84	3.97	5.14	6.27	7.44	8.60	9.77	10.94	12.15	13.35	14.61
			<i>Rhythm Unit</i>		1.13	1.17	1.13	1.17	1.16	1.17	1.17	1.21	1.20	1.26
Paige Knoodle	05/20/10	State	<i>Touchdown</i>	2.87	4.00	5.14	6.27	7.44	8.60	9.74	11.01	12.28	13.58	14.87
		<i>Hit H8</i>	<i>Rhythm Unit</i>		1.13	1.14	1.13	1.17	1.16	1.14	1.27	1.27	1.30	1.29

Talls

Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)	Finish	Run In
03/29/12	Clinton	Talls	8.44	14.04	19.58	25.65	31.99	38.73	46.07	53.45	55.44	1.99
		split	8.44	5.60	5.54	6.07	6.34	6.74	7.34	7.38		
04/03/12	Bago	Talls	8.71	14.62	20.92	27.36	33.53	39.68		52.30	54.21	1.91
		split	8.71	5.91	6.30	6.44	6.17	6.15	-39.68	52.30		

HC

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 6/26/13									
200H	30" Hurdles 20m-35m-40m			20m	55m	90m	125m	160m	40m
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Natasha	06/15/13	Rochelle	<i>Touchdown</i>	4.53	10.24	16.11	22.05	28.29	35.30
	<i>1st 200H</i>		<i>Rhythm Unit</i>		5.71	5.87	5.94	6.24	7.01
Natasha	06/23/13	USATF State	<i>Touchdown</i>	4.67	10.44	16.24	22.15	28.39	34.98
	<i>Bounding to hurdles – too close</i>		<i>Rhythm Unit</i>		5.77	5.80	5.91	6.24	6.59
Little Foot	06/15/13	Rochelle	<i>Touchdown</i>	4.67	10.41	16.64	23.02	29.66	36.50
	<i>200H</i>	<i>1st 200H</i>	<i>Rhythm Unit</i>		5.74	6.23	6.38	6.64	6.84

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 6/26/13														
400H	30" - 45m-35m-40m			45m	80m	115m	150m	185m	220m	255m	290m	325m	360m	40m
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Spitz	06/15/13	Rochelle	<i>Touchdown</i>	8.44	14.24	20.02	26.15	32.49	39.20	46.01	53.62	61.66	69.36	77.40
	<i>400H</i>	<i>1st 400H</i>	<i>Rhythm Unit</i>		5.80	5.78	6.13	6.34	6.71	6.81	7.61	8.04	7.70	8.04
Spitz	06/22/13	USATF State	<i>Touchdown</i>	8.20	13.44	19.01	24.89	30.99	37.53	44.61	51.85	59.29	67.10	74.83
	<i>400H</i>		<i>Rhythm Unit</i>		5.24	5.57	5.88	6.10	6.54	7.08	7.24	7.44	7.81	7.73

HC 100H

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 6/26/13														
100H	33" - 8.5m Spacing			13m	21.5m	30m	38.5m	47m	55.5m	64m	72.5m	81m	89.5m	10.5m
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Courtney	04/27/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	8.70	9.91	11.11	12.31	13.54	14.74
	100H - PR		<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	1.20	1.21	1.20	1.20	1.23	1.20
Courtney	06/15/13	Rochelle	<i>Touchdown</i>	3.03	4.30	5.60	6.90	8.20	9.57	10.94	12.31	13.81	15.48	17.00
	<i>0 Step drive inward. Too High at H1</i>		<i>Rhythm Unit</i>		1.27	1.30	1.30	1.30	1.37	1.37	1.37	1.50	1.67	1.52
Payton	06/15/13	Rochelle	<i>Touchdown</i>	3.20	4.77	6.47	8.10	9.80	11.57	13.44	15.28	17.15	18.95	20.70
	<i>Needs to tuck lead leg – 4 & 5 stepping</i>		<i>Rhythm Unit</i>		1.57	1.70	1.63	1.70	1.77	1.87	1.84	1.87	1.80	1.75
Spitz	06/15/13	Rochelle	<i>Touchdown</i>	3.40	4.97	6.53	8.10	9.70	11.37	13.04	14.68	16.34	18.04	19.70
	<i>9 steps to H1 – too close on penultimate</i>		<i>Rhythm Unit</i>		1.57	1.56	1.57	1.60	1.67	1.67	1.64	1.66	1.70	1.66
Spitz	06/23/13	USATF State	<i>Touchdown</i>	3.33	4.84	6.27	7.74	9.34	10.85	12.41	13.98	15.55	17.09	18.64
	<i>Late start – 3 stepped to H4</i>		<i>Rhythm Unit</i>		1.51	1.43	1.47	1.60	1.51	1.56	1.57	1.57	1.54	1.55
100H	30" - 8.0m Spacing			13m	21m	29m	37m	45m	53m	61m	69m	77m	85m	15m
Hanna	06/23/13	USATF State	<i>Touchdown</i>	3.33	4.80	6.47	8.00	9.54	11.11	13.07	14.81	16.41	18.05	20.39
	<i>3 stepped! 4 Stepped, 5 Stepped</i>		<i>Rhythm Unit</i>		1.47	1.67	1.53	1.54	1.57	1.96	1.74	1.60	1.64	2.34
Little Foot	06/15/13	Rochelle	<i>Touchdown</i>	3.50	5.07	6.60	8.14	9.64	11.21	12.84	14.41	16.04	17.71	20.10
	<i>11 steps to H1, 5 stepping</i>		<i>Rhythm Unit</i>		1.57	1.53	1.54	1.50	1.57	1.63	1.57	1.63	1.67	2.39
Little Foot	06/23/13	USATF State	<i>Touchdown</i>	3.37	4.87	6.40	7.90	9.40	10.81	12.34	13.84	15.34	16.81	19.09
	<i>9 steps to H1 – 4 stepping!</i>		<i>Rhythm Unit</i>		1.50	1.53	1.50	1.50	1.41	1.53	1.50	1.50	1.47	2.28

Sheet7

Date	Meet	Athlete	H1 (45m)	H2 (80m)	H3 (115m)	H4 (150m)	H5 (185m)	H6 (220m)	H7 (255m)	H8 (290m)	Finish	Run In
04/12/12	Byron	Wiggles	7.14	11.97	16.98	22.28	27.82	33.43	39.37	45.45	47.34	1.89
		<i>split</i>	7.14	4.83	5.01	5.30	5.54	5.61	5.94	6.08		
		Roo	7.24	12.71	17.53	22.72	28.19	33.63	39.07	44.57	46.08	1.51
		<i>split</i>	7.24	5.47	4.82	5.19	5.47	5.44	5.44	5.50		
		Strings	7.27	12.11	17.28	22.98	28.76	34.46	40.17	46.04	47.54	1.50
		<i>split</i>	7.27	4.84	5.17	5.70	5.78	5.70	5.71	5.87		
04/28/12	NAC	Roo	7.30	12.17	17.45	22.98	28.52	38.83	39.73	45.51	47.14	1.63
		<i>split</i>	7.30	4.87	5.28	5.53	5.54	10.31	0.90	5.78		
		<i>steps</i>	22	14	15	15	15	15	15	15	5	131
		<i>lead</i>	R	R	L	R	L	R	L	L		