emerging elites

THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES

Date	Name	Affliation	Event	Time	Place	Notes
1-Dec	Alex Tarnoff	Dartmouth	55m	7.06		
1-Dec	Alex Tarnoff	Dartmouth	200m	24.16		
1-Dec	Jenny Donnelly	Noble and Greenough	1000m	3:13.9		
1-Dec	Chrissy Meagher	University of Connecticut	3000m	10:27.4		PR!
8-Dec	Jenny Donnelly	Noble and Greenough	Mile	5:29.81		
8-Dec	Emma MacDonald	Noble and Greenough	800m	2:39.28		
8-Dec	Emma MacDonald	Noble and Greenough	400m	1:06.37		
8-Dec	Alex Tarnoff	Dartmouth	200m	24.26		
15-Dec	Alex Tarnoff	Dartmouth	200m	24.9		
15-Dec	Brett Hayes	Noble and Greenough	200m	27.66		
15-Dec	Emma MacDonald	Noble and Greenough	200m	28.46		
15-Dec	Jenny Donnelly	Noble and Greenough	Mile	5:23.19		
15-Dec	Alex Tarnoff	Dartmouth	400m	53.2		
15-Dec	Brett Hayes	Noble and Greenough	400m	63.28		
15-Dec	Emma MacDonald	Noble and Greenough	400m	64.76		
15-Dec	Kate Ellinger	Meadowbrook School	800m	2:48.47		
22-Dec	Emma MacDonald	Noble and Greenough	200m	29.05		
22-Dec	Alex Tarnoff	Dartmouth	200m	24.21		
22-Dec	Jenny Donnelly	Noble and Greenough	800m	2:27.04		
22-Dec	Will Gibbons	Belmont Hill School	Mile	4:45.12		
22-Dec	Alec Bleday	University of Pennsylvania	Mile	4:28.39		
29-Dec	Jenny Donnelly	Noble and Greenough	800m	2:25.89		
29-Dec	Emma MacDonald	Noble and Greenough	400m	66.64		

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