

## THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES

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Date	Name	Affliation	Event	Time	Place	Notes
1-Feb	Casey Hsiung	Boston College	300m	40.80		
2-Feb	Kaitryn Power	Stonehill College	1000m	3:22:84		
2-Feb	Alex Smith	Fontbonne Academy	300m	46.27		
2-Feb	Lauren Smith	Fairfield College	600m	1:46.02		
3-Feb	Camille Murphy	Framingham High School	1000m	3:03.11		
3-Feb	Casey Hsiung	Boston College	300m	41.17		
6-Feb	Camille Murphy	Framingham High School	Mile	5:13.87		PR!
7-Feb	Pete Dolan	Xaverian Brothers	Mile	4:30.15		
7-Feb	Andy Stillman	Xaverian Brothers	Mile	4:31.42		
7-Feb	Conor O'Brien	Xaverian Brothers	2 Mile	10:00.09		
7-Feb	Mike Amirault	Xaverian Brothers	2 Mile	10:31.53		
7-Feb	John Bleday	Xaverian Brothers	1000m	2:41.81		
7-Feb	John Fisher	Xaverian Brothers	1000m	2:46.55		
8-Feb	Emma MacDonald	Noble and Greenough	500m	1:24.18		PR!
8-Feb	Emma MacDonald	Noble and Greenough	200m	28.98		
8-Feb	Brett Hayes	Noble and Greenough	500m	1:21.74		PR!
8-Feb	Jenny Donnelly	Noble and Greenough	Mile	5:12.34		PR!
9-Feb	Casey Hsiung	Boston College	300m	41.02		
9-Feb	Dan Burnett	BB&N	Mile	4:57.35		PR!
9-Feb	Alex Tarnoff	Belmont Hill School	200m	23.82		PR!
9-Feb	Alex Tarnoff	Belmont Hill School	400m	52.16		PR!
10-Feb	Gabe Pacione	Hamilton Wenham Regional	2-Mile	9:38.8		
10-Feb	Lee Milne	Dover-Sherborn Middle	Mile	5:56.86		PR!
10-Feb	Emily Lanois	Hamilton Wenham Regional	Mile	5:12		
10-Feb	Kate Ellinger	Meadowbrook School	Mile	5:58.39		PR!
15-Feb	Lauren Smith	Fairfield College	600m	1:46.49		
15-Feb	Alex Smith	Fontbonne Academy	600m	1:48.77		
15-Feb	Kaitryn Power	Stonehill College	1000m	3:26.45		
16-Feb	Alex Tarnoff	Belmont Hill School	400m	52.74		
16-Feb	Jenny Donnelly	Noble and Greenough	1000m	3:03.24		PR!
16-Feb	Gabe Pacione	Hamilton Wenham Regional	Mile	4:25.37	1st	PR!
16-Feb	Emily Lanois	Hamilton Wenham Regional	Mile	5:10.19		
17-Feb	Conor O'Brien	Xaverian Brothers	Mile	4:36.83		
17-Feb	Andy Stillman	Xaverian Brothers	Mile	4:30.55		
17-Feb	Alec Bleday	University of Pennsylvania	1000m	2:42.35		
17-Feb	Pete Dolan	Xaverian Brothers	1000m	2:35.88		
17-Feb	Casey Hsiung	Boston College	300m	41.03	1st	
17-Feb	Camille Murphy	Framingham High School	1000m	3:00.77		PR!
24-Feb	Alex Tarnoff	Belmont Hill School	400m	52.26		
24-Feb	Lee Milne	Dover-Sherborn Middle	Mile	5:49.67		PR!
24-Feb	Brett Hayes	Noble and Greenough	400m	2:24		
24-Feb	Emma MacDonald	Noble and Greenough	400m	66.59		
24-Feb	Jenny Donnelly	Noble and Greenough	Mile	5:22.11		