

Shannon McNamara JV MSL Indoor Invite Splits 3/19/22

4 x 8 Relay	200	400	600	800
Daniella Pierini	38	77	02:04	02:49.500
Splits	38	39	47	46
Izabel Guminski	34	77	02:07	02:57.900
Splits	34	43	50	51
Ceci Uriostegui	41	79	02:04	02:53.700
Splits	41	38	45	50
Liset Garcia	34	80	02:05	02:53.600
Splits	34	46	45	49
Total Time				11:34.700

3200 M Run	400	800	1200	1600	2000	2400	2800	3200
Hailey Dammeier	88	03:00	04:37	06:12	07:50	09:27	11:03	12:34.900
Splits	88	01:32	01:37	01:35	01:38	01:37	01:36	01:32

800 M Run	200	400	600	800
Daniella Pierini	37	80	02:05	02:49.200
Splits	37	43	45	44
Maria Bedoya	37	78	02:02	02:49.600
Splits	37	41	44	48

1600 M Run	400	800	1200	1600
Ceci Uriostegui	88	02:59	04:37	06:19.300
Splits	88	91	98	102
Liset Garcia	88	03:04	04:53	06:45.000
Splits	88	96	109	112