

Team:	Lake Park					
Date:	9/8/07					
	1 Mile	SPLIT (1/2)	2 Mile	SPLIT (2/3)	3 Mile	HERSEY
Patches	5:29	6:08	11:37	5:42	17:19	17:58
Demoss	5:29	6:10	11:39	5:42	17:21	18:03
Mucha	5:16	6:13	11:29	6:05	17:34	18:00
Loftus	5:21	6:09	11:30	6:07	17:37	17:45
Okeefe	5:38	6:27	12:05	6:07	18:12	18:04
	1 Mile	SPLIT (1/2)	2 Mile			
Graham	5:55	6:01	11:56			
Tom	6:28	6:27	12:55			
Mark	6:30	6:26	12:56			
Scottie	6:32	6:39	13:11			
Pat	6:49	6:53	13:42			
Ronnie	7:02	7:45	14:47			
Schedule:						
Mon-10	3:45					
	5:00 Lifting					
Tue-11	3:45					
Wed-12	Meet at Prospect H.S.					
Thur-13	No School-8 a.m. practice					
	9:15 Lifting					
Fri-14	6:15 a.m.					
Sat-15	Meet at Downers South					
	Chipotle/Movie					
Prospect (at the H.S)						
Arlington Heights Road North						
Right on Norhtwest Highway (14)						
Left on Kensington Road						
School on Right Side						
Downers Grove (O'Brien Park)						
Interstate 355 South						
Exit at 63rd street, go left (EAST)						
Right (south) on Dunham Road						
Park is on left side of street						