

FXC-NSCF 3000m running test
8/1/2008

Last	First	Time	Gender	Standard	Age	Flight
Nugent	Patrick	10:27	Male	International	J2B	PM
Remington	Jacob	10:41	Male	Regional	J1B	AM
Patrick	Ian	10:51	Male	National	J1A	PM
Via	Willie	11:17	Male		OJA	PM
Wilkinson	Ian	11:20	Male		OJA	PM
Buetow	Jordan	11:28	Male		OJA	AM
Hamlin	Mikayla	12:47	Female	International	J2A	PM
Boyer	Hannah	12:49	Female	National	J2B	AM
Rorabaugh	Eliza	12:51	Female	National	J2B	PM
Bowers	Aurora	12:52	Female	Regional	OJA	AM
Edic	Megan	12:52	Female	National	J2B	AM
Blake	Erica	13:01	Female		OJB	AM
Whisenant	Elizabeth	13:20	Female		J2B	AM
Lilly	James	13:21	Male		J1A	PM

7/15/2008

Boyer	Kelsey	11:10	Male	Regional	J1B	AM
-------	--------	-------	------	----------	-----	----

Historical finish record on following pages

All Times FXC 3000m run test - Female

Name	Time	Gender	Standard	Age	Date
Heather Edic	11:46	Female	National	J1B	6/6/2008
Aurora Bowers	12:15	Female	National	J1B	10/10/2007
Mikayla Hamlin	12:47	Female	International	J2A	8/1/2008
Hannah Boyer	12:49	Female	National	J2B	8/1/2008
Eliza Rorabaugh	12:51	Female	National	J2B	8/1/2008
Aurora Bowers	12:52	Female	Regional	OJA	8/1/2008
Megan Edic	12:52	Female	National	J2B	8/1/2008
Erica Blake	13:01	Female		OJB	8/1/2008
Megan Edic	13:14	Female	Regional	J2B	6/6/2008
Elizabeth Whisenhant	13:20	Female	Regional	J2B	8/1/2008
Erica Blake	14:37	Female		OJA	5/30/2007
Kate Bennett	15:07	Female		OJA	10/10/2007
Olivia Karns	15:18	Female		OJA	5/30/2007

All Times - FXC 3000m run test - Male

Name	Time	Gender	Standard	Age	Date
Jacob Remington	10:23	Male	International	J1a	10/10/2007
Pat Nugent	10:27	Male	International	J2B	8/1/2008
Anthony Davis	10:30	Male	National	OJA	10/10/2007
Jacob Remington	10:30	Male	National	J1B	6/6/2008
Jacob Remington	10:41	Male	Regional	J1B	8/1/2008
Jacob Remington	10:49	Male	National	J1a	5/30/2007
Ian Patrick	10:51	Male	National	J1a	8/1/2008
Ian Wilkinson	11:03	Male	Regional	J1B	10/10/2007
Kelsey Boyer	11:04	Male	National	J1A	10/10/2007
Ian Patrick	11:10	Male	National	J1A	6/6/2008
Kelsey Boyer	11:10	Male	Regional	J1B	7/15/2008
Willie Via	11:17	Male		OJA	8/1/2008
Ian Wilkinson	11:20	Male		OJA	8/1/2008
Jordan Buetow	11:22	Male		OJA	6/6/2008
Ian Wilkinson	11:25	Male		J1b	5/30/2007
Stefan Hajdukovich	11:27	Male	National	J2A	10/10/2007
Jordan Buetow	11:28	Male		OJA	8/1/2008
Kelsey Boyer	11:32	Male	Regional	J1a	5/30/2007
David Durst	11:37	Male		OJA	6/6/2008
Anthony Davis	11:52	Male		Oja	5/30/2007
Willie Via	11:55	Male		J1b	5/30/2007
Willie Via	11:58	Male		OJA	6/6/2008
Nick Ferree	12:22	Male		U23a	5/30/2007
Ian Patrick	12:27	Male		J2B	10/10/2007
Kipp Wilkinson	13:02	Male		J2B	6/6/2008
James Lilly	13:21	Male		J1A	8/1/2008
James Lilly	13:34	Male		J1A	6/6/2008

Performance Standards for 3000 meter run (derived from Cross Country Canada)

Age in current year	Age group	Male Standards			Female Standards		
		International	National	Regional	International	National	Regional
25+	Sr	8:45 to 9:00	9:00 to 9:15	9:15 to 9:30	9:45 to 10:15	10:15 to 10:45	10:45 to 11:15
21-24	U23/Sr	9:00 to 9:15	9:15 to 9:30	9:30 to 10:00	10:15 to 10:45	10:45 to 11:15	11:15 to 11:45
19-20	2nd OJ/1st U23	9:15 to 9:30	9:30 to 10:00	10:00 to 10:30	10:45 to 11:15	11:15 to 11:45	11:45 to 12:15
17-18	2nd J1/1st OJ	9:30 to 10:00	10:00 to 10:30	10:30 to 11:15	11:15 to 11:45	11:45 to 12:15	12:15 to 13:00*
15-16	2nd J2/1st J1	10:00 to 10:30	10:30 to 11:15	11:15 to 12:00*	11:45 to 12:15	12:15 to 13:00*	13:00 to 13:45*
13-14	2nd J3/1st J2	10:30 to 11:15	11:15 to 12:00*	12:00 to 12:45*	12:30 to 13:00	13:00 to 13:45*	13:45 to 14:30*