

MILE REPEAT WORKOUT AT GUP 9/16/78

COMPARISON OF AVERAGE TIMES w/ '74 TEAM'S
5 x 1 MILE OVER COURSE SEGMENTS w/ 5-6 MIN. REST.

	<u>AVG. TIME</u>	<u>1974 (BEST TEAM TO DATE)</u>	<u>AVG.</u>
GLAVIN	5:18	FARRELL	5:17
KOLLER	5:19	B. BURNETT (DID 3)	5:21
HUGGINS	5:20	LAWRENCE	5:28
S. BURNETT	5:22	REISER	5:43
STARKWEATHER	5:27	ALLEN	5:45
HORK	5:48	T. HORTON	5:54
DUNN (DID 4)	5:46	LOTT	5:45
REAGAN	5:47	M. FARRELL (BEST SOPH)	6:16
RADDER (DID 4)	5:54	B. HART	5:47
RUFFIN	5:55		
JIM ECKL (DID 4)	5:52		
DENNEE	5:57		
MESSURA	5:59		
JOHN ECKL	6:07		
PARISI	6:11		

'74 TEAM DID THEIR WORKOUT A WEEK EARLIER, BUT EVEN SO,
THE ABOVE COMPARISON AT LEAST SUGGESTS THIS YEAR'S
TEAM HAS THE POTENTIAL TO BE BETTER THAN '74'S.

('74 TEAM WON INVITATIONALS AT WHITESBORO, MCQUAID, BUILLE,
AND ST. JOHN'S (NYC), BUT FINISHED 2ND TO ARCADIA'S STATE
CHAMPS IN THE SECTIONALS.)