

1500M Splits

Goal Time	200	400	600	800	1000	1200	1400	1500	Mile	Proj 3000
04:20.0	00:34.7	01:09.3	01:44.0	02:18.7	02:53.3	03:28.0	04:02.7	04:20.0	04:37.3	09:10.0
04:25.0	00:35.3	01:10.7	01:46.0	02:21.3	02:56.7	03:32.0	04:07.3	04:25.0	04:42.7	09:20.0
04:30.0	00:36.0	01:12.0	01:48.0	02:24.0	03:00.0	03:36.0	04:12.0	04:30.0	04:48.0	09:30.0
04:35.0	00:36.7	01:13.3	01:50.0	02:26.7	03:03.3	03:40.0	04:16.7	04:35.0	04:53.3	09:40.0
04:40.0	00:37.3	01:14.7	01:52.0	02:29.3	03:06.7	03:44.0	04:21.3	04:40.0	04:58.7	09:50.0
04:45.0	00:38.0	01:16.0	01:54.0	02:32.0	03:10.0	03:48.0	04:26.0	04:45.0	05:04.0	10:00.0
04:50.0	00:38.7	01:17.3	01:56.0	02:34.7	03:13.3	03:52.0	04:30.7	04:50.0	05:09.3	10:10.0
04:55.0	00:39.3	01:18.7	01:58.0	02:37.3	03:16.7	03:56.0	04:35.3	04:55.0	05:14.7	10:20.0
05:00.0	00:40.0	01:20.0	02:00.0	02:40.0	03:20.0	04:00.0	04:40.0	05:00.0	05:20.0	10:30.0
05:05.0	00:40.7	01:21.3	02:02.0	02:42.7	03:23.3	04:04.0	04:44.7	05:05.0	05:25.3	10:40.0
05:10.0	00:41.3	01:22.7	02:04.0	02:45.3	03:26.7	04:08.0	04:49.3	05:10.0	05:30.7	10:50.0
05:15.0	00:42.0	01:24.0	02:06.0	02:48.0	03:30.0	04:12.0	04:54.0	05:15.0	05:36.0	11:00.0
05:20.0	00:42.7	01:25.3	02:08.0	02:50.7	03:33.3	04:16.0	04:58.7	05:20.0	05:41.3	11:10.0
05:25.0	00:43.3	01:26.7	02:10.0	02:53.3	03:36.7	04:20.0	05:03.3	05:25.0	05:46.7	11:20.0
05:30.0	00:44.0	01:28.0	02:12.0	02:56.0	03:40.0	04:24.0	05:08.0	05:30.0	05:52.0	11:30.0
05:35.0	00:44.7	01:29.3	02:14.0	02:58.7	03:43.3	04:28.0	05:12.7	05:35.0	05:57.3	11:40.0
05:40.0	00:45.3	01:30.7	02:16.0	03:01.3	03:46.7	04:32.0	05:17.3	05:40.0	06:02.7	11:50.0
05:45.0	00:46.0	01:32.0	02:18.0	03:04.0	03:50.0	04:36.0	05:22.0	05:45.0	06:08.0	12:00.0
05:50.0	00:46.7	01:33.3	02:20.0	03:06.7	03:53.3	04:40.0	05:26.7	05:50.0	06:13.3	12:10.0
05:55.0	00:47.3	01:34.7	02:22.0	03:09.3	03:56.7	04:44.0	05:31.3	05:55.0	06:18.7	12:20.0
06:00.0	00:48.0	01:36.0	02:24.0	03:12.0	04:00.0	04:48.0	05:36.0	06:00.0	06:24.0	12:30.0
06:05.0	00:48.7	01:37.3	02:26.0	03:14.7	04:03.3	04:52.0	05:40.7	06:05.0	06:29.3	12:40.0
06:10.0	00:49.3	01:38.7	02:28.0	03:17.3	04:06.7	04:56.0	05:45.3	06:10.0	06:34.7	12:50.0
06:15.0	00:50.0	01:40.0	02:30.0	03:20.0	04:10.0	05:00.0	05:50.0	06:15.0	06:40.0	13:00.0
06:20.0	00:50.7	01:41.3	02:32.0	03:22.7	04:13.3	05:04.0	05:54.7	06:20.0	06:45.3	13:10.0
06:25.0	00:51.3	01:42.7	02:34.0	03:25.3	04:16.7	05:08.0	05:59.3	06:25.0	06:50.7	13:20.0
06:30.0	00:52.0	01:44.0	02:36.0	03:28.0	04:20.0	05:12.0	06:04.0	06:30.0	06:56.0	13:30.0
06:35.0	00:52.7	01:45.3	02:38.0	03:30.7	04:23.3	05:16.0	06:08.7	06:35.0	07:01.3	13:40.0
06:40.0	00:53.3	01:46.7	02:40.0	03:33.3	04:26.7	05:20.0	06:13.3	06:40.0	07:06.7	13:50.0
06:45.0	00:54.0	01:48.0	02:42.0	03:36.0	04:30.0	05:24.0	06:18.0	06:45.0	07:12.0	14:00.0
06:50.0	00:54.7	01:49.3	02:44.0	03:38.7	04:33.3	05:28.0	06:22.7	06:50.0	07:17.3	14:10.0
06:55.0	00:55.3	01:50.7	02:46.0	03:41.3	04:36.7	05:32.0	06:27.3	06:55.0	07:22.7	14:20.0
07:00.0	00:56.0	01:52.0	02:48.0	03:44.0	04:40.0	05:36.0	06:32.0	07:00.0	07:28.0	14:30.0
07:05.0	00:56.7	01:53.3	02:50.0	03:46.7	04:43.3	05:40.0	06:36.7	07:05.0	07:33.3	14:40.0
07:10.0	00:57.3	01:54.7	02:52.0	03:49.3	04:46.7	05:44.0	06:41.3	07:10.0	07:38.7	14:50.0
07:15.0	00:58.0	01:56.0	02:54.0	03:52.0	04:50.0	05:48.0	06:46.0	07:15.0	07:44.0	15:00.0
07:20.0	00:58.7	01:57.3	02:56.0	03:54.7	04:53.3	05:52.0	06:50.7	07:20.0	07:49.3	15:10.0
07:25.0	00:59.3	01:58.7	02:58.0	03:57.3	04:56.7	05:56.0	06:55.3	07:25.0	07:54.7	15:20.0
07:30.0	01:00.0	02:00.0	03:00.0	04:00.0	05:00.0	06:00.0	07:00.0	07:30.0	08:00.0	15:30.0
07:35.0	01:00.7	02:01.3	03:02.0	04:02.7	05:03.3	06:04.0	07:04.7	07:35.0	08:05.3	15:40.0
07:40.0	01:01.3	02:02.7	03:04.0	04:05.3	05:06.7	06:08.0	07:09.3	07:40.0	08:10.7	15:50.0
07:45.0	01:02.0	02:04.0	03:06.0	04:08.0	05:10.0	06:12.0	07:14.0	07:45.0	08:16.0	16:00.0
07:50.0	01:02.7	02:05.3	03:08.0	04:10.7	05:13.3	06:16.0	07:18.7	07:50.0	08:21.3	16:10.0
07:55.0	01:03.3	02:06.7	03:10.0	04:13.3	05:16.7	06:20.0	07:23.3	07:55.0	08:26.7	16:20.0
08:00.0	01:04.0	02:08.0	03:12.0	04:16.0	05:20.0	06:24.0	07:28.0	08:00.0	08:32.0	16:30.0
08:05.0	01:04.7	02:09.3	03:14.0	04:18.7	05:23.3	06:28.0	07:32.7	08:05.0	08:37.3	16:40.0
08:10.0	01:05.3	02:10.7	03:16.0	04:21.3	05:26.7	06:32.0	07:37.3	08:10.0	08:42.7	16:50.0
08:15.0	01:06.0	02:12.0	03:18.0	04:24.0	05:30.0	06:36.0	07:42.0	08:15.0	08:48.0	17:00.0

1500M Splits

Goal Time	200	400	600	800	1000	1200	1400	1500	Mile	Proj 3000
08:20.0	01:06.7	02:13.3	03:20.0	04:26.7	05:33.3	06:40.0	07:46.7	08:20.0	08:53.3	17:10.0
08:25.0	01:07.3	02:14.7	03:22.0	04:29.3	05:36.7	06:44.0	07:51.3	08:25.0	08:58.7	17:20.0
08:30.0	01:08.0	02:16.0	03:24.0	04:32.0	05:40.0	06:48.0	07:56.0	08:30.0	09:04.0	17:30.0
08:35.0	01:08.7	02:17.3	03:26.0	04:34.7	05:43.3	06:52.0	08:00.7	08:35.0	09:09.3	17:40.0
08:40.0	01:09.3	02:18.7	03:28.0	04:37.3	05:46.7	06:56.0	08:05.3	08:40.0	09:14.7	17:50.0
08:45.0	01:10.0	02:20.0	03:30.0	04:40.0	05:50.0	07:00.0	08:10.0	08:45.0	09:20.0	18:00.0
08:50.0	01:10.7	02:21.3	03:32.0	04:42.7	05:53.3	07:04.0	08:14.7	08:50.0	09:25.3	18:10.0
08:55.0	01:11.3	02:22.7	03:34.0	04:45.3	05:56.7	07:08.0	08:19.3	08:55.0	09:30.7	18:20.0
09:00.0	01:12.0	02:24.0	03:36.0	04:48.0	06:00.0	07:12.0	08:24.0	09:00.0	09:36.0	18:30.0
09:05.0	01:12.7	02:25.3	03:38.0	04:50.7	06:03.3	07:16.0	08:28.7	09:05.0	09:41.3	18:40.0
09:10.0	01:13.3	02:26.7	03:40.0	04:53.3	06:06.7	07:20.0	08:33.3	09:10.0	09:46.7	18:50.0
09:15.0	01:14.0	02:28.0	03:42.0	04:56.0	06:10.0	07:24.0	08:38.0	09:15.0	09:52.0	19:00.0
09:20.0	01:14.7	02:29.3	03:44.0	04:58.7	06:13.3	07:28.0	08:42.7	09:20.0	09:57.3	19:10.0
09:25.0	01:15.3	02:30.7	03:46.0	05:01.3	06:16.7	07:32.0	08:47.3	09:25.0	10:02.7	19:20.0
09:30.0	01:16.0	02:32.0	03:48.0	05:04.0	06:20.0	07:36.0	08:52.0	09:30.0	10:08.0	19:30.0
09:35.0	01:16.7	02:33.3	03:50.0	05:06.7	06:23.3	07:40.0	08:56.7	09:35.0	10:13.3	19:40.0
09:40.0	01:17.3	02:34.7	03:52.0	05:09.3	06:26.7	07:44.0	09:01.3	09:40.0	10:18.7	19:50.0
09:45.0	01:18.0	02:36.0	03:54.0	05:12.0	06:30.0	07:48.0	09:06.0	09:45.0	10:24.0	20:00.0
09:50.0	01:18.7	02:37.3	03:56.0	05:14.7	06:33.3	07:52.0	09:10.7	09:50.0	10:29.3	20:10.0
09:55.0	01:19.3	02:38.7	03:58.0	05:17.3	06:36.7	07:56.0	09:15.3	09:55.0	10:34.7	20:20.0
10:00.0	01:20.0	02:40.0	04:00.0	05:20.0	06:40.0	08:00.0	09:20.0	10:00.0	10:40.0	20:30.0
10:05.0	01:20.7	02:41.3	04:02.0	05:22.7	06:43.3	08:04.0	09:24.7	10:05.0	10:45.3	20:40.0
10:10.0	01:21.3	02:42.7	04:04.0	05:25.3	06:46.7	08:08.0	09:29.3	10:10.0	10:50.7	20:50.0
10:15.0	01:22.0	02:44.0	04:06.0	05:28.0	06:50.0	08:12.0	09:34.0	10:15.0	10:56.0	21:00.0
10:20.0	01:22.7	02:45.3	04:08.0	05:30.7	06:53.3	08:16.0	09:38.7	10:20.0	11:01.3	21:10.0
10:25.0	01:23.3	02:46.7	04:10.0	05:33.3	06:56.7	08:20.0	09:43.3	10:25.0	11:06.7	21:20.0
10:30.0	01:24.0	02:48.0	04:12.0	05:36.0	07:00.0	08:24.0	09:48.0	10:30.0	11:12.0	21:30.0
10:35.0	01:24.7	02:49.3	04:14.0	05:38.7	07:03.3	08:28.0	09:52.7	10:35.0	11:17.3	21:40.0
10:40.0	01:25.3	02:50.7	04:16.0	05:41.3	07:06.7	08:32.0	09:57.3	10:40.0	11:22.7	21:50.0
10:45.0	01:26.0	02:52.0	04:18.0	05:44.0	07:10.0	08:36.0	10:02.0	10:45.0	11:28.0	22:00.0
10:50.0	01:26.7	02:53.3	04:20.0	05:46.7	07:13.3	08:40.0	10:06.7	10:50.0	11:33.3	22:10.0
10:55.0	01:27.3	02:54.7	04:22.0	05:49.3	07:16.7	08:44.0	10:11.3	10:55.0	11:38.7	22:20.0
11:00.0	01:28.0	02:56.0	04:24.0	05:52.0	07:20.0	08:48.0	10:16.0	11:00.0	11:44.0	22:30.0

1500M Splits

Goal Time	200	400	600	800	1000	1200	1400	1500	Mile	Proj 3000	
05:58.3	00:47.8	01:35.6	02:23.3	03:11.1	03:58.9	04:46.7	05:34.4	05:58.3	06:22.2		Gremlin Girls Conference/League
05:34.0	00:44.5	01:29.1	02:13.6	02:58.1	03:42.7	04:27.2	05:11.7	05:34.0	05:56.3		Gremlin Boys Conference/League
05:13.6	00:41.8	01:23.6	02:05.4	02:47.3	03:29.1	04:10.9	04:52.7	05:13.6	05:34.5		Bantam Girls Conference/League
06:12.0	00:49.6	01:39.2	02:28.8	03:18.4	04:08.0	04:57.6	05:47.2	06:12.0	06:36.8		Bantam Girls Qualify
04:59.6	00:39.9	01:19.9	01:59.8	02:39.8	03:19.7	03:59.7	04:39.6	04:59.6	05:19.5		Bantam Boys Conference
05:03.8	00:40.5	01:21.0	02:01.5	02:42.0	03:22.5	04:03.0	04:43.5	05:03.8	05:24.1		Bantam Boys League
05:48.0	00:46.4	01:32.8	02:19.2	03:05.6	03:52.0	04:38.4	05:24.8	05:48.0	06:11.2		Bantam Boys Qualify
04:51.4	00:38.8	01:17.7	01:56.5	02:35.4	03:14.2	03:53.1	04:31.9	04:51.4	05:10.8	10:12.7	Midget Girls Conference
04:59.0	00:39.9	01:19.7	01:59.6	02:39.5	03:19.3	03:59.2	04:39.1	04:59.0	05:18.9	10:28.0	Midget Girls League
05:49.0	00:46.5	01:33.1	02:19.6	03:06.1	03:52.7	04:39.2	05:25.7	05:49.0	06:12.3	12:08.0	Midget Girls Qualify
04:45.4	00:38.0	01:16.1	01:54.1	02:32.2	03:10.2	03:48.3	04:26.3	04:45.4	05:04.4	10:00.7	Midget Boys Conference
04:51.0	00:38.8	01:17.6	01:56.4	02:35.2	03:14.0	03:52.8	04:31.6	04:51.0	05:10.4	10:12.1	Midget Boys League
05:22.0	00:42.9	01:25.9	02:08.8	02:51.7	03:34.7	04:17.6	05:00.5	05:22.0	05:43.5	11:14.0	Midget Boys Qualify
04:49.2	00:38.6	01:17.1	01:55.7	02:34.2	03:12.8	03:51.3	04:29.9	04:49.2	05:08.4	10:08.3	Youth Girls Conference
04:53.1	00:39.1	01:18.2	01:57.3	02:36.3	03:15.4	03:54.5	04:33.6	04:53.1	05:12.7	10:16.3	Youth Girls League
05:30.0	00:44.0	01:28.0	02:12.0	02:56.0	03:40.0	04:24.0	05:08.0	05:30.0	05:52.0	11:30.0	Youth Girls Qualify
04:22.9	00:35.0	01:10.1	01:45.1	02:20.2	02:55.2	03:30.3	04:05.3	04:22.9	04:40.4	09:15.7	Youth Boys Conference
04:27.4	00:35.6	01:11.3	01:46.9	02:22.6	02:58.2	03:33.9	04:09.5	04:27.4	04:45.2	09:24.7	Youth Boys League
04:55.0	00:39.3	01:18.7	01:58.0	02:37.3	03:16.7	03:56.0	04:35.3	04:55.0	05:14.7	10:20.0	Youth Boys Qualify
05:06.7	00:40.9	01:21.8	02:02.7	02:43.6	03:24.5	04:05.4	04:46.3	05:06.7	05:27.1	10:43.4	Interm Girls Conference
05:11.9	00:41.6	01:23.2	02:04.8	02:46.3	03:27.9	04:09.5	04:51.1	05:11.9	05:32.7	10:53.8	Interm Girls League
06:16.7	00:50.2	01:40.5	02:30.7	03:20.9	04:11.1	05:01.4	05:51.6	06:16.7	06:41.8	13:03.4	Interm Girls Qualify
04:24.1	00:35.2	01:10.4	01:45.6	02:20.8	02:56.0	03:31.3	04:06.5	04:24.1	04:41.7	09:18.1	Interm Boys Conference
04:25.7	00:35.4	01:10.8	01:46.3	02:21.7	02:57.1	03:32.5	04:07.9	04:25.7	04:43.4	09:21.3	Interm Boys League
04:55.0	00:39.3	01:18.7	01:58.0	02:37.3	03:16.7	03:56.0	04:35.3	04:55.0	05:14.7	10:20.0	Interm Boys Qualify