




 - 30 consecutive days without missing a workout


 - 1 full season without missing a workout


 - Notable achievement


 - Lvl. 1 time standard 2:15/2:40 5:00/6:00 11:00/13:00
17:00/20:00


 - Lvl. 2 time standard 2:05/2:30 4:40/5:30 10:00/12:00
16:00/19:00

 - Lvl. 3 time standard 1:58/2:20 4:20/5:10 9:20/11:00
15:00/18:00

 - 1st team all-league

 - broke school record

 - qualified for an elite-level race
(Bayshore +)

 - qualified for state championships