

**Sub 5:00 Min. performances since 2001**

9th grade PR

4:12.46	Chavez	03	
4:22.95	A. Tran	02	
4:30.8	Patterson	04	5:00.7
4:32.72	Pettus	03	
4:33.9	Murvin	03	5:02.6
4:38.3	Staymates	02	
4:41.0	McFawn	05	5:33.9
4:42.5	Chadez	04	
4:42.7	Khalili	03	5:05.2
4:45.2	Boulos	04	
4:46.7	Dooley	04	5:12.6
4:49.3	E. Dobbs	01	
4:49.93	Sheridan	04	5:11.60
4:53.9	Lynch	05	
4:54.3	S. Tran	05	
4:54.52	Eberlein	03	
4:55.2	Stokes	05	
4:55.71	Miller	05	
4:57.8	Lavacot	04	
4:57.0	M. Thomas	03	
4:58.7	Comiskey	02	
4:59.8	JM. Herrick	02	

Counting the runners that have come out each year for distances I came to around 150. Above you will see the only group that has run under 5 min. since 2001. It is not very many. What can you do to make this very short list? It looks like a good number of you representing 2005 have already made this list. If you are on it, try to go higher up the list. If you are not on it, make it a goal to get on it. If you are close-then make it happen. You have to have goals! Those of you on the list, try going sub 4:40 next or sub 4:50. 2005 can be a very good year! It's up to you!