

2009 NCAA Championship Qualifying Time Altitude Adjustments  
 OUTDOOR RACES: QUALIFYING TIMES AT THE GIVEN SITES  
 Time allowance for altitude (in seconds) is in parentheses

SEA LEVEL	ALTITUDE: 0					
EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	33:30.00 (0.00)	35:50.00 (0.00)	35:48.00 (0.00)	28:45.00 (0.00)	29:45.00 (0.00)	30:20.00 (0.00)
5000 M	16:52.00 (0.00)	17:05.00 (0.00)	16:55.00 (0.00)	14:12.00 (0.00)	14:10.00 (0.00)	14:28.00 (0.00)
3000M SC	10:50.25 (0.00)	10:55.00 (0.00)	10:44.00 (0.00)	9:07.00 (0.00)	9:09.00 (0.00)	9:08.00 (0.00)
3000 M						
1500 M	4:27.80 (0.00)	4:31.00 (0.00)	4:32.50 (0.00)	3:47.80 (0.00)	3:47.00 (0.00)	3:50.60 (0.00)
1 MILE	4:49.30 (0.00)	4:52.70 (0.00)	4:54.20 (0.00)	4:06.00 (0.00)	4:05.16 (0.00)	4:09.00 (0.00)
800 M	2:09.80 (0.00)	2:10.40 (0.00)	2:11.00 (0.00)	1:50.40 (0.00)	1:50.00 (0.00)	1:51.10 (0.00)

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AIR FORCE ACADEMY, COLORADO	ALTITUDE: 6981					
EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	35:23.41 (113.41)	37:51.31 (121.31)	37:49.20 (121.20)	30:22.33 (97.33)	31:25.71 (100.71)	32:02.69 (102.69)
5000 M	17:40.43 (48.43)	17:54.06 (49.06)	17:43.58 (48.58)	14:52.78 (40.78)	14:50.68 (40.68)	15:09.54 (41.54)
3000M SC	11:19.17 (28.92)	11:24.13 (29.13)	11:12.64 (28.64)	9:31.33 (24.33)	9:33.42 (24.42)	9:32.37 (24.37)
3000 M						
1500 M	4:38.15 (10.35)	4:41.47 (10.47)	4:43.03 (10.53)	3:56.60 (8.80)	3:55.77 (8.77)	3:59.51 (8.91)
1 MILE	5:00.48 (11.18)	5:04.01 (11.31)	5:05.57 (11.37)	4:15.51 (9.51)	4:14.64 (9.48)	4:18.62 (9.62)

800 M	2:11.30 (1.50)	2:11.90 (1.50)	2:12.51 (1.51)	1:51.67 (1.27)	1:51.27 (1.27)	1:52.38 (1.28)
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ALAMOSA, COLORADO ALTITUDE: 7544

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	35:38.76 (128.76)	38:07.73 (137.73)	38:05.60 (137.60)	30:35.50 (110.50)	31:39.35 (114.35)	32:16.59 (116.59)
5000 M	17:47.16 (55.16)	18:00.86 (55.86)	17:50.32 (55.32)	14:58.44 (46.44)	14:56.33 (46.33)	15:15.31 (47.31)
3000M SC	11:23.15 (32.90)	11:28.15 (33.15)	11:16.59 (32.59)	9:34.68 (27.68)	9:36.78 (27.78)	9:35.73 (27.73)
3000 M						
1500 M	4:39.59 (11.79)	4:42.93 (11.93)	4:44.49 (11.99)	3:57.83 (10.03)	3:56.99 (9.99)	4:00.75 (10.15)
1 MILE	5:02.03 (12.73)	5:05.58 (12.88)	5:07.15 (12.95)	4:16.83 (10.83)	4:15.95 (10.79)	4:19.96 (10.96)
800 M	2:11.58 (1.78)	2:12.19 (1.79)	2:12.79 (1.79)	1:51.91 (1.51)	1:51.51 (1.51)	1:52.62 (1.52)

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ALBUQUERQUE, NEW MEXICO ALTITUDE: 5120

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:38.41 (68.41)	37:03.17 (73.17)	37:01.11 (73.11)	29:43.71 (58.71)	30:45.75 (60.75)	31:21.94 (61.94)
5000 M	17:20.98 (28.98)	17:34.36 (29.36)	17:24.07 (29.07)	14:36.40 (24.40)	14:34.35 (24.35)	14:52.86 (24.86)
3000M SC	11:07.57 (17.32)	11:12.44 (17.44)	11:01.15 (17.15)	9:21.57 (14.57)	9:23.62 (14.62)	9:22.59 (14.59)
3000 M						
1500 M	4:34.07 (6.27)	4:37.35 (6.35)	4:38.88 (6.38)	3:53.13 (5.33)	3:52.32 (5.32)	3:56.00 (5.40)
1 MILE	4:56.07 (6.77)	4:59.55 (6.85)	5:01.09 (6.89)	4:11.76 (5.76)	4:10.90 (5.74)	4:14.83 (5.83)

800 M	2:10.58 (0.78)	2:11.18 (0.78)	2:11.78 (0.78)	1:51.06 (0.66)	1:50.66 (0.66)	1:51.76 (0.66)
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AMARILLO, TEXAS ALTITUDE: 3676

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:09.57 (39.57)	36:32.33 (42.33)	36:30.29 (42.29)	29:18.96 (33.96)	30:20.14 (35.14)	30:55.83 (35.83)
5000 M	17:08.82 (16.82)	17:22.04 (17.04)	17:11.87 (16.87)	14:26.16 (14.16)	14:24.13 (14.13)	14:42.43 (14.43)
3000M SC	11:00.22 (9.97)	11:05.04 (10.04)	10:53.87 (9.87)	9:15.39 (8.39)	9:17.42 (8.42)	9:16.40 (8.40)
3000 M						
1500 M	4:31.61 (3.81)	4:34.85 (3.85)	4:36.37 (3.87)	3:51.04 (3.24)	3:50.23 (3.23)	3:53.88 (3.28)
1 MILE	4:53.41 (4.11)	4:56.86 (4.16)	4:58.38 (4.18)	4:09.50 (3.50)	4:08.64 (3.48)	4:12.54 (3.54)
800 M	2:10.24 (0.44)	2:10.84 (0.44)	2:11.44 (0.44)	1:50.77 (0.37)	1:50.37 (0.37)	1:51.48 (0.38)

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BANNER ELK, NORTH CAROLINA ALTITUDE: 3683

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:09.70 (39.70)	36:32.46 (42.46)	36:30.42 (42.42)	29:19.07 (34.07)	30:20.25 (35.25)	30:55.94 (35.94)
5000 M	17:08.88 (16.88)	17:22.09 (17.09)	17:11.93 (16.93)	14:26.21 (14.21)	14:24.18 (14.18)	14:42.48 (14.48)
3000M SC	11:00.25 (10.00)	11:05.07 (10.07)	10:53.91 (9.91)	9:15.41 (8.41)	9:17.44 (8.44)	9:16.43 (8.43)
3000 M						
1500 M	4:31.62 (3.82)	4:34.86 (3.86)	4:36.38 (3.88)	3:51.05 (3.25)	3:50.24 (3.24)	3:53.89 (3.29)
1 MILE	4:53.42 (4.12)	4:56.87 (4.17)	4:58.39 (4.19)	4:09.51 (3.51)	4:08.65 (3.49)	4:12.55 (3.55)

800 M	2:10.24 (0.44)	2:10.84 (0.44)	2:11.45 (0.45)	1:50.78 (0.38)	1:50.37 (0.37)	1:51.48 (0.38)
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BILLINGS, MONTANA ALTITUDE: 3124

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	33:59.95 (29.95)	36:22.03 (32.03)	36:20.01 (32.01)	29:10.70 (25.70)	30:11.60 (26.60)	30:47.12 (27.12)
5000 M	17:04.85 (12.85)	17:18.02 (13.02)	17:07.89 (12.89)	14:22.82 (10.82)	14:20.79 (10.79)	14:39.02 (11.02)
3000M SC	10:57.79 (7.54)	11:02.60 (7.60)	10:51.47 (7.47)	9:13.34 (6.34)	9:15.37 (6.37)	9:14.36 (6.36)
3000 M						
1500 M	4:30.83 (3.03)	4:34.06 (3.06)	4:35.58 (3.08)	3:50.37 (2.57)	3:49.57 (2.57)	3:53.21 (2.61)
1 MILE	4:52.57 (3.27)	4:56.01 (3.31)	4:57.52 (3.32)	4:08.78 (2.78)	4:07.93 (2.77)	4:11.81 (2.81)
800 M	2:10.16 (0.36)	2:10.76 (0.36)	2:11.37 (0.37)	1:50.71 (0.31)	1:50.31 (0.31)	1:51.41 (0.31)

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BOONE, NORTH CAROLINA ALTITUDE: 3333

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:03.50 (33.50)	36:25.83 (35.83)	36:23.80 (35.80)	29:13.75 (28.75)	30:14.75 (29.75)	30:50.33 (30.33)
5000 M	17:06.31 (14.31)	17:19.50 (14.50)	17:09.35 (14.35)	14:24.05 (12.05)	14:22.02 (12.02)	14:40.28 (12.28)
3000M SC	10:58.69 (8.44)	11:03.50 (8.50)	10:52.36 (8.36)	9:14.10 (7.10)	9:16.12 (7.12)	9:15.11 (7.11)
3000 M						
1500 M	4:31.11 (3.31)	4:34.35 (3.35)	4:35.87 (3.37)	3:50.62 (2.82)	3:49.81 (2.81)	3:53.45 (2.85)
1 MILE	4:52.88 (3.58)	4:56.32 (3.62)	4:57.84 (3.64)	4:09.04 (3.04)	4:08.19 (3.03)	4:12.08 (3.08)

800 M	2:10.19 (0.39)	2:10.79 (0.39)	2:11.39 (0.39)	1:50.73 (0.33)	1:50.33 (0.33)	1:51.43 (0.33)
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BOULDER, COLORADO                      ALTITUDE:    5260

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:41.49 (71.49)	37:06.47 (76.47)	37:04.40 (76.40)	29:46.35 (61.35)	30:48.49 (63.49)	31:24.73 (64.73)
5000 M	17:22.30 (30.30)	17:35.69 (30.69)	17:25.39 (30.39)	14:37.51 (25.51)	14:35.45 (25.45)	14:53.99 (25.99)
3000M SC	11:08.36 (18.11)	11:13.24 (18.24)	11:01.93 (17.93)	9:22.23 (15.23)	9:24.29 (15.29)	9:23.26 (15.26)
3000 M						
1500 M	4:34.34 (6.54)	4:37.62 (6.62)	4:39.16 (6.66)	3:53.36 (5.56)	3:52.55 (5.55)	3:56.23 (5.63)
1 MILE	4:56.37 (7.07)	4:59.85 (7.15)	5:01.39 (7.19)	4:12.01 (6.01)	4:11.15 (5.99)	4:15.08 (6.08)
800 M	2:10.62 (0.82)	2:11.22 (0.82)	2:11.83 (0.83)	1:51.10 (0.70)	1:50.69 (0.69)	1:51.80 (0.70)

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BOZEMAN, MONTANA                      ALTITUDE:    4926

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:34.23 (64.23)	36:58.70 (68.70)	36:56.64 (68.64)	29:40.12 (55.12)	30:42.04 (57.04)	31:18.16 (58.16)
5000 M	17:19.20 (27.20)	17:32.55 (27.55)	17:22.28 (27.28)	14:34.90 (22.90)	14:32.85 (22.85)	14:51.33 (23.33)
3000M SC	11:06.50 (16.25)	11:11.37 (16.37)	11:00.09 (16.09)	9:20.67 (13.67)	9:22.72 (13.72)	9:21.69 (13.69)
3000 M						
1500 M	4:33.70 (5.90)	4:36.97 (5.97)	4:38.51 (6.01)	3:52.82 (5.02)	3:52.00 (5.00)	3:55.68 (5.08)
1 MILE	4:55.68 (6.38)	4:59.15 (6.45)	5:00.69 (6.49)	4:11.42 (5.42)	4:10.56 (5.40)	4:14.49 (5.49)

800 M	2:10.52 (0.72)	2:11.12 (0.72)	2:11.73 (0.73)	1:51.01 (0.61)	1:50.61 (0.61)	1:51.72 (0.62)
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CALGARY, ALBERTA, CANADA ALTITUDE: 3438

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:05.33 (35.33)	36:27.79 (37.79)	36:25.75 (37.75)	29:15.32 (30.32)	30:16.37 (31.37)	30:51.99 (31.99)
5000 M	17:07.07 (15.07)	17:20.26 (15.26)	17:10.11 (15.11)	14:24.68 (12.68)	14:22.65 (12.65)	14:40.92 (12.92)
3000M SC	10:59.15 (8.90)	11:03.96 (8.96)	10:52.81 (8.81)	9:14.48 (7.48)	9:16.51 (7.51)	9:15.50 (7.50)
3000 M						
1500 M	4:31.26 (3.46)	4:34.50 (3.50)	4:36.02 (3.52)	3:50.74 (2.94)	3:49.93 (2.93)	3:53.58 (2.98)
1 MILE	4:53.04 (3.74)	4:56.48 (3.78)	4:58.00 (3.80)	4:09.18 (3.18)	4:08.33 (3.17)	4:12.22 (3.22)
800 M	2:10.20 (0.40)	2:10.81 (0.41)	2:11.41 (0.41)	1:50.74 (0.34)	1:50.34 (0.34)	1:51.45 (0.35)

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CEDAR CITY, UTAH ALTITUDE: 5782

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:53.41 (83.41)	37:19.22 (89.22)	37:17.13 (89.13)	29:56.58 (71.58)	30:59.07 (74.07)	31:35.52 (75.52)
5000 M	17:27.42 (35.42)	17:40.87 (35.87)	17:30.52 (35.52)	14:41.82 (29.82)	14:39.75 (29.75)	14:58.38 (30.38)
3000M SC	11:11.42 (21.17)	11:16.32 (21.32)	11:04.97 (20.97)	9:24.81 (17.81)	9:26.87 (17.87)	9:25.84 (17.84)
3000 M						
1500 M	4:35.41 (7.61)	4:38.70 (7.70)	4:40.24 (7.74)	3:54.27 (6.47)	3:53.45 (6.45)	3:57.15 (6.55)
1 MILE	4:57.52 (8.22)	5:01.01 (8.31)	5:02.56 (8.36)	4:12.99 (6.99)	4:12.12 (6.96)	4:16.07 (7.07)

800 M	2:10.80 (1.00)	2:11.40 (1.00)	2:12.00 (1.00)	1:51.25 (0.85)	1:50.84 (0.84)	1:51.95 (0.85)
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COLORADO SPRINGS, COLORADO ALTITUDE: 6007

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:58.76 (88.76)	37:24.94 (94.94)	37:22.85 (94.85)	30:01.17 (76.17)	31:03.82 (78.82)	31:40.37 (80.37)
5000 M	17:29.72 (37.72)	17:43.21 (38.21)	17:32.84 (37.84)	14:43.76 (31.76)	14:41.69 (31.69)	15:00.36 (32.36)
3000M SC	11:12.80 (22.55)	11:17.71 (22.71)	11:06.33 (22.33)	9:25.97 (18.97)	9:28.04 (19.04)	9:27.00 (19.00)
3000 M						
1500 M	4:35.89 (8.09)	4:39.19 (8.19)	4:40.73 (8.23)	3:54.68 (6.88)	3:53.86 (6.86)	3:57.56 (6.96)
1 MILE	4:58.04 (8.74)	5:01.54 (8.84)	5:03.09 (8.89)	4:13.43 (7.43)	4:12.56 (7.40)	4:16.52 (7.52)
800 M	2:10.88 (1.08)	2:11.48 (1.08)	2:12.09 (1.09)	1:51.32 (0.92)	1:50.91 (0.91)	1:52.02 (0.92)

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DENVER, COLORADO ALTITUDE: 5279

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:41.91 (71.91)	37:06.92 (76.92)	37:04.85 (76.85)	29:46.71 (61.71)	30:48.86 (63.86)	31:25.11 (65.11)
5000 M	17:22.48 (30.48)	17:35.87 (30.87)	17:25.57 (30.57)	14:37.66 (25.66)	14:35.60 (25.60)	14:54.14 (26.14)
3000M SC	11:08.47 (18.22)	11:13.35 (18.35)	11:02.04 (18.04)	9:22.32 (15.32)	9:24.38 (15.38)	9:23.35 (15.35)
3000 M						
1500 M	4:34.38 (6.58)	4:37.66 (6.66)	4:39.19 (6.69)	3:53.40 (5.60)	3:52.58 (5.58)	3:56.27 (5.67)
1 MILE	4:56.41 (7.11)	4:59.89 (7.19)	5:01.43 (7.23)	4:12.04 (6.04)	4:11.18 (6.02)	4:15.12 (6.12)





800 M	2:11.25 (1.45)	2:11.86 (1.46)	2:12.47 (1.47)	1:51.64 (1.24)	1:51.23 (1.23)	1:52.34 (1.24)
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FORT COLLINS, COLORADO ALTITUDE: 5081

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:37.56 (67.56)	37:02.27 (72.27)	37:00.20 (72.20)	29:42.98 (57.98)	30:45.00 (60.00)	31:21.17 (61.17)
5000 M	17:20.62 (28.62)	17:33.99 (28.99)	17:23.71 (28.71)	14:36.10 (24.10)	14:34.04 (24.04)	14:52.55 (24.55)
3000M SC	11:07.35 (17.10)	11:12.23 (17.23)	11:00.94 (16.94)	9:21.39 (14.39)	9:23.44 (14.44)	9:22.41 (14.41)
3000 M						
1500 M	4:34.00 (6.20)	4:37.27 (6.27)	4:38.80 (6.30)	3:53.07 (5.27)	3:52.25 (5.25)	3:55.94 (5.34)
1 MILE	4:55.99 (6.69)	4:59.47 (6.77)	5:01.01 (6.81)	4:11.69 (5.69)	4:10.83 (5.67)	4:14.76 (5.76)
800 M	2:10.56 (0.76)	2:11.17 (0.77)	2:11.77 (0.77)	1:51.05 (0.65)	1:50.65 (0.65)	1:51.75 (0.65)

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GOLDEN, COLORADO ALTITUDE: 5675

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:50.91 (80.91)	37:16.54 (86.54)	37:14.46 (86.46)	29:54.44 (69.44)	30:56.85 (71.85)	31:33.26 (73.26)
5000 M	17:26.34 (34.34)	17:39.78 (34.78)	17:29.44 (34.44)	14:40.91 (28.91)	14:38.84 (28.84)	14:57.45 (29.45)
3000M SC	11:10.78 (20.53)	11:15.68 (20.68)	11:04.33 (20.33)	9:24.27 (17.27)	9:26.33 (17.33)	9:25.30 (17.30)
3000 M						
1500 M	4:35.18 (7.38)	4:38.47 (7.47)	4:40.01 (7.51)	3:54.08 (6.28)	3:53.26 (6.26)	3:56.96 (6.36)
1 MILE	4:57.27 (7.97)	5:00.77 (8.07)	5:02.31 (8.11)	4:12.78 (6.78)	4:11.92 (6.76)	4:15.86 (6.86)

800 M	2:10.76 (0.96)	2:11.36 (0.96)	2:11.97 (0.97)	1:51.21 (0.81)	1:50.81 (0.81)	1:51.92 (0.82)
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GREELEY, COLORADO ALTITUDE: 4774

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:31.02 (61.02)	36:55.27 (65.27)	36:53.20 (65.20)	29:37.36 (52.36)	30:39.19 (54.19)	31:15.25 (55.25)
5000 M	17:17.84 (25.84)	17:31.17 (26.17)	17:20.91 (25.91)	14:33.75 (21.75)	14:31.70 (21.70)	14:50.16 (22.16)
3000M SC	11:05.68 (15.43)	11:10.54 (15.54)	10:59.28 (15.28)	9:19.98 (12.98)	9:22.02 (13.02)	9:21.00 (13.00)
3000 M						
1500 M	4:33.42 (5.62)	4:36.69 (5.69)	4:38.22 (5.72)	3:52.58 (4.78)	3:51.77 (4.77)	3:55.44 (4.84)
1 MILE	4:55.38 (6.08)	4:58.85 (6.15)	5:00.38 (6.18)	4:11.17 (5.17)	4:10.31 (5.15)	4:14.23 (5.23)
800 M	2:10.48 (0.68)	2:11.08 (0.68)	2:11.68 (0.68)	1:50.98 (0.58)	1:50.57 (0.57)	1:51.68 (0.58)

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GUNNISON, COLORADO ALTITUDE: 7703

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	35:43.24 (133.24)	38:12.52 (142.52)	38:10.39 (142.39)	30:39.35 (114.35)	31:43.33 (118.33)	32:20.65 (120.65)
5000 M	17:49.13 (57.13)	18:02.86 (57.86)	17:52.29 (57.29)	15:00.09 (48.09)	14:57.98 (47.98)	15:17.00 (49.00)
3000M SC	11:24.32 (34.07)	11:29.32 (34.32)	11:17.74 (33.74)	9:35.66 (28.66)	9:37.76 (28.76)	9:36.71 (28.71)
3000 M						
1500 M	4:40.01 (12.21)	4:43.35 (12.35)	4:44.92 (12.42)	3:58.18 (10.38)	3:57.35 (10.35)	4:01.11 (10.51)
1 MILE	5:02.49 (13.19)	5:06.04 (13.34)	5:07.61 (13.41)	4:17.21 (11.21)	4:16.34 (11.18)	4:20.35 (11.35)

800 M	2:11.66 (1.86)	2:12.27 (1.87)	2:12.88 (1.88)	1:51.98 (1.58)	1:51.58 (1.58)	1:52.69 (1.59)
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LAS CRUCES, NEW MEXICO ALTITUDE: 3896

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:13.62 (43.62)	36:36.66 (46.66)	36:34.62 (46.62)	29:22.44 (37.44)	30:23.74 (38.74)	30:59.50 (39.50)
5000 M	17:10.51 (18.51)	17:23.75 (18.75)	17:13.57 (18.57)	14:27.59 (15.59)	14:25.55 (15.55)	14:43.88 (15.88)
3000M SC	11:01.25 (11.00)	11:06.08 (11.08)	10:54.89 (10.89)	9:16.25 (9.25)	9:18.28 (9.28)	9:17.27 (9.27)
3000 M						
1500 M	4:31.94 (4.14)	4:35.19 (4.19)	4:36.71 (4.21)	3:51.32 (3.52)	3:50.51 (3.51)	3:54.17 (3.57)
1 MILE	4:53.77 (4.47)	4:57.23 (4.53)	4:58.75 (4.55)	4:09.80 (3.80)	4:08.95 (3.79)	4:12.85 (3.85)
800 M	2:10.28 (0.48)	2:10.88 (0.48)	2:11.48 (0.48)	1:50.81 (0.41)	1:50.41 (0.41)	1:51.51 (0.41)

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LARAMIE, SYOMING ALTITUDE: 7163

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	35:28.28 (118.28)	37:56.52 (126.52)	37:54.41 (126.41)	30:26.51 (101.51)	31:30.04 (105.04)	32:07.10 (107.10)
5000 M	17:42.56 (50.56)	17:56.21 (51.21)	17:45.71 (50.71)	14:54.57 (42.57)	14:52.47 (42.47)	15:11.37 (43.37)
3000M SC	11:20.44 (30.19)	11:25.41 (30.41)	11:13.89 (29.89)	9:32.39 (25.39)	9:34.48 (25.48)	9:33.44 (25.44)
3000 M						
1500 M	4:38.60 (10.80)	4:41.93 (10.93)	4:43.49 (10.99)	3:56.99 (9.19)	3:56.16 (9.16)	3:59.90 (9.30)
1 MILE	5:00.97 (11.67)	5:04.51 (11.81)	5:06.07 (11.87)	4:15.93 (9.93)	4:15.05 (9.89)	4:19.05 (10.05)

800 M	2:11.38 (1.58)	2:11.99 (1.59)	2:12.60 (1.60)	1:51.75 (1.35)	1:51.34 (1.34)	1:52.46 (1.36)
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LOGAN, UTAH                      ALTITUDE:    4680

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:29.06 (59.06)	36:53.17 (63.17)	36:51.11 (63.11)	29:35.69 (50.69)	30:37.45 (52.45)	31:13.48 (53.48)
5000 M	17:17.01 (25.01)	17:30.33 (25.33)	17:20.08 (25.08)	14:33.05 (21.05)	14:31.00 (21.00)	14:49.45 (21.45)
3000M SC	11:05.18 (14.93)	11:10.03 (15.03)	10:58.78 (14.78)	9:19.56 (12.56)	9:21.60 (12.60)	9:20.58 (12.58)
3000 M						
1500 M	4:33.25 (5.45)	4:36.52 (5.52)	4:38.05 (5.55)	3:52.44 (4.64)	3:51.62 (4.62)	3:55.30 (4.70)
1 MILE	4:55.19 (5.89)	4:58.66 (5.96)	5:00.19 (5.99)	4:11.01 (5.01)	4:10.15 (4.99)	4:14.07 (5.07)
800 M	2:10.45 (0.65)	2:11.06 (0.66)	2:11.66 (0.66)	1:50.96 (0.56)	1:50.55 (0.55)	1:51.66 (0.56)

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LUBBOCK, TEXAS                      ALTITUDE:    3281

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:02.61 (32.61)	36:24.88 (34.88)	36:22.85 (34.85)	29:12.98 (27.98)	30:13.96 (28.96)	30:49.52 (29.52)
5000 M	17:05.94 (13.94)	17:19.12 (14.12)	17:08.99 (13.99)	14:23.74 (11.74)	14:21.71 (11.71)	14:39.96 (11.96)
3000M SC	10:58.46 (8.21)	11:03.27 (8.27)	10:52.13 (8.13)	9:13.91 (6.91)	9:15.93 (6.93)	9:14.92 (6.92)
3000 M						
1500 M	4:31.04 (3.24)	4:34.28 (3.28)	4:35.80 (3.30)	3:50.56 (2.76)	3:49.75 (2.75)	3:53.39 (2.79)
1 MILE	4:52.80 (3.50)	4:56.24 (3.54)	4:57.76 (3.56)	4:08.98 (2.98)	4:08.13 (2.97)	4:12.01 (3.01)

800 M	2:10.18 (0.38)	2:10.78 (0.38)	2:11.39 (0.39)	1:50.73 (0.33)	1:50.32 (0.32)	1:51.43 (0.33)
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MISSOULA, MONTANA                    ALTITUDE: 3199

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:01.21 (31.21)	36:23.38 (33.38)	36:21.35 (33.35)	29:11.79 (26.79)	30:12.72 (27.72)	30:48.26 (28.26)
5000 M	17:05.37 (13.37)	17:18.54 (13.54)	17:08.41 (13.41)	14:23.26 (11.26)	14:21.23 (11.23)	14:39.47 (11.47)
3000M SC	10:58.11 (7.86)	11:02.92 (7.92)	10:51.78 (7.78)	9:13.61 (6.61)	9:15.64 (6.64)	9:14.62 (6.62)
3000 M						
1500 M	4:30.93 (3.13)	4:34.16 (3.16)	4:35.68 (3.18)	3:50.46 (2.66)	3:49.65 (2.65)	3:53.29 (2.69)
1 MILE	4:52.68 (3.38)	4:56.12 (3.42)	4:57.64 (3.44)	4:08.87 (2.87)	4:08.02 (2.86)	4:11.91 (2.91)
800 M	2:10.17 (0.37)	2:10.77 (0.37)	2:11.38 (0.38)	1:50.72 (0.32)	1:50.32 (0.32)	1:51.42 (0.32)

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OGDEN, UTAH                            ALTITUDE: 4759

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:30.70 (60.70)	36:54.93 (64.93)	36:52.87 (64.87)	29:37.09 (52.09)	30:38.91 (53.91)	31:14.96 (54.96)
5000 M	17:17.70 (25.70)	17:31.03 (26.03)	17:20.78 (25.78)	14:33.64 (21.64)	14:31.59 (21.59)	14:50.05 (22.05)
3000M SC	11:05.60 (15.35)	11:10.46 (15.46)	10:59.20 (15.20)	9:19.91 (12.91)	9:21.96 (12.96)	9:20.93 (12.93)
3000 M						
1500 M	4:33.40 (5.60)	4:36.66 (5.66)	4:38.20 (5.70)	3:52.56 (4.76)	3:51.74 (4.74)	3:55.42 (4.82)
1 MILE	4:55.35 (6.05)	4:58.82 (6.12)	5:00.35 (6.15)	4:11.14 (5.14)	4:10.28 (5.12)	4:14.20 (5.20)

800 M	2:10.47 (0.67)	2:11.08 (0.68)	2:11.68 (0.68)	1:50.97 (0.57)	1:50.57 (0.57)	1:51.68 (0.58)
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PLAINVIEW, TEXAS                      ALTITUDE:    3230

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:01.74 (31.74)	36:23.95 (33.95)	36:21.92 (33.92)	29:12.24 (27.24)	30:13.18 (28.18)	30:48.74 (28.74)
5000 M	17:05.59 (13.59)	17:18.76 (13.76)	17:08.63 (13.63)	14:23.44 (11.44)	14:21.41 (11.41)	14:39.65 (11.65)
3000M SC	10:58.24 (7.99)	11:03.05 (8.05)	10:51.92 (7.92)	9:13.72 (6.72)	9:15.75 (6.75)	9:14.74 (6.74)
3000 M						
1500 M	4:30.97 (3.17)	4:34.21 (3.21)	4:35.72 (3.22)	3:50.50 (2.70)	3:49.69 (2.69)	3:53.33 (2.73)
1 MILE	4:52.72 (3.42)	4:56.16 (3.46)	4:57.68 (3.48)	4:08.91 (2.91)	4:08.06 (2.90)	4:11.95 (2.95)
800 M	2:10.18 (0.38)	2:10.78 (0.38)	2:11.38 (0.38)	1:50.72 (0.32)	1:50.32 (0.32)	1:51.42 (0.32)

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POCATELLO, IDAHO                      ALTITUDE:    4465

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:24.67 (54.67)	36:48.48 (58.48)	36:46.42 (58.42)	29:31.92 (46.92)	30:33.55 (48.55)	31:09.50 (49.50)
5000 M	17:15.15 (23.15)	17:28.45 (23.45)	17:18.22 (23.22)	14:31.49 (19.49)	14:29.45 (19.45)	14:47.86 (19.86)
3000M SC	11:04.06 (13.81)	11:08.91 (13.91)	10:57.67 (13.67)	9:18.61 (11.61)	9:20.66 (11.66)	9:19.63 (11.63)
3000 M						
1500 M	4:32.88 (5.08)	4:36.14 (5.14)	4:37.67 (5.17)	3:52.12 (4.32)	3:51.30 (4.30)	3:54.97 (4.37)
1 MILE	4:54.78 (5.48)	4:58.25 (5.55)	4:59.78 (5.58)	4:10.66 (4.66)	4:09.81 (4.65)	4:13.72 (4.72)

800 M	2:10.40 (0.60)	2:11.00 (0.60)	2:11.61 (0.61)	1:50.91 (0.51)	1:50.51 (0.51)	1:51.61 (0.51)
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PORTALES, NEW MEXICO ALTITUDE: 4009

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:15.75 (45.75)	36:38.94 (48.94)	36:36.89 (48.89)	29:24.26 (39.26)	30:25.63 (40.63)	31:01.43 (41.43)
5000 M	17:11.40 (19.40)	17:24.65 (19.65)	17:14.46 (19.46)	14:28.33 (16.33)	14:26.30 (16.30)	14:44.64 (16.64)
3000M SC	11:01.79 (11.54)	11:06.62 (11.62)	10:55.42 (11.42)	9:16.70 (9.70)	9:18.74 (9.74)	9:17.72 (9.72)
3000 M						
1500 M	4:32.12 (4.32)	4:35.37 (4.37)	4:36.90 (4.40)	3:51.47 (3.67)	3:50.66 (3.66)	3:54.32 (3.72)
1 MILE	4:53.97 (4.67)	4:57.42 (4.72)	4:58.95 (4.75)	4:09.97 (3.97)	4:09.11 (3.95)	4:13.02 (4.02)
800 M	2:10.30 (0.50)	2:10.90 (0.50)	2:11.51 (0.51)	1:50.83 (0.43)	1:50.42 (0.42)	1:51.53 (0.43)

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PROVO, UTAH ALTITUDE: 4627

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:27.97 (57.97)	36:52.00 (62.00)	36:49.95 (61.95)	29:34.75 (49.75)	30:36.48 (51.48)	31:12.49 (52.49)
5000 M	17:16.55 (24.55)	17:29.86 (24.86)	17:19.62 (24.62)	14:32.66 (20.66)	14:30.62 (20.62)	14:49.05 (21.05)
3000M SC	11:04.90 (14.65)	11:09.75 (14.75)	10:58.51 (14.51)	9:19.32 (12.32)	9:21.37 (12.37)	9:20.34 (12.34)
3000 M						
1500 M	4:33.16 (5.36)	4:36.42 (5.42)	4:37.95 (5.45)	3:52.36 (4.56)	3:51.54 (4.54)	3:55.22 (4.62)
1 MILE	4:55.09 (5.79)	4:58.56 (5.86)	5:00.09 (5.89)	4:10.92 (4.92)	4:10.07 (4.91)	4:13.98 (4.98)

800 M	2:10.44 (0.64)	2:11.04 (0.64)	2:11.65 (0.65)	1:50.94 (0.54)	1:50.54 (0.54)	1:51.65 (0.55)
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PUEBLO, COLORADO ALTITUDE: 4700

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:29.47 (59.47)	36:53.62 (63.62)	36:51.56 (63.56)	29:36.04 (51.04)	30:37.82 (52.82)	31:13.85 (53.85)
5000 M	17:17.18 (25.18)	17:30.51 (25.51)	17:20.26 (25.26)	14:33.20 (21.20)	14:31.15 (21.15)	14:49.60 (21.60)
3000M SC	11:05.28 (15.03)	11:10.14 (15.14)	10:58.89 (14.89)	9:19.64 (12.64)	9:21.69 (12.69)	9:20.67 (12.67)
3000 M						
1500 M	4:33.29 (5.49)	4:36.56 (5.56)	4:38.09 (5.59)	3:52.47 (4.67)	3:51.65 (4.65)	3:55.33 (4.73)
1 MILE	4:55.23 (5.93)	4:58.70 (6.00)	5:00.23 (6.03)	4:11.04 (5.04)	4:10.19 (5.03)	4:14.11 (5.11)
800 M	2:10.46 (0.66)	2:11.06 (0.66)	2:11.66 (0.66)	1:50.96 (0.56)	1:50.56 (0.56)	1:51.66 (0.56)

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RAPID CITY, SOUTH DAKOTA ALTITUDE: 3247

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:02.03 (32.03)	36:24.26 (34.26)	36:22.22 (34.22)	29:12.48 (27.48)	30:13.44 (28.44)	30:49.00 (29.00)
5000 M	17:05.71 (13.71)	17:18.88 (13.88)	17:08.75 (13.75)	14:23.54 (11.54)	14:21.51 (11.51)	14:39.75 (11.75)
3000M SC	10:58.32 (8.07)	11:03.12 (8.12)	10:51.99 (7.99)	9:13.78 (6.78)	9:15.81 (6.81)	9:14.80 (6.80)
3000 M						
1500 M	4:30.99 (3.19)	4:34.23 (3.23)	4:35.75 (3.25)	3:50.52 (2.72)	3:49.71 (2.71)	3:53.35 (2.75)
1 MILE	4:52.75 (3.45)	4:56.19 (3.49)	4:57.71 (3.51)	4:08.93 (2.93)	4:08.08 (2.92)	4:11.97 (2.97)



800 M	2:10.18 (0.38)	2:10.78 (0.38)	2:11.38 (0.38)	1:50.72 (0.32)	1:50.32 (0.32)	1:51.42 (0.32)
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RENO, NEVADA ALTITUDE: 4620

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:27.82 (57.82)	36:51.85 (61.85)	36:49.79 (61.79)	29:34.62 (49.62)	30:36.35 (51.35)	31:12.36 (52.36)
5000 M	17:16.48 (24.48)	17:29.80 (24.80)	17:19.56 (24.56)	14:32.61 (20.61)	14:30.56 (20.56)	14:49.00 (21.00)
3000M SC	11:04.86 (14.61)	11:09.72 (14.72)	10:58.47 (14.47)	9:19.29 (12.29)	9:21.33 (12.33)	9:20.31 (12.31)
3000 M						
1500 M	4:33.15 (5.35)	4:36.41 (5.41)	4:37.94 (5.44)	3:52.35 (4.55)	3:51.53 (4.53)	3:55.21 (4.61)
1 MILE	4:55.08 (5.78)	4:58.55 (5.85)	5:00.08 (5.88)	4:10.91 (4.91)	4:10.06 (4.90)	4:13.97 (4.97)
800 M	2:10.44 (0.64)	2:11.04 (0.64)	2:11.64 (0.64)	1:50.94 (0.54)	1:50.54 (0.54)	1:51.65 (0.55)

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SALT LAKE CITY, UTAH ALTITUDE: 4260

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:20.59 (50.59)	36:44.12 (54.12)	36:42.07 (54.07)	29:28.42 (43.42)	30:29.93 (44.93)	31:05.81 (45.81)
5000 M	17:13.43 (21.43)	17:26.71 (21.71)	17:16.50 (21.50)	14:30.05 (18.05)	14:28.00 (18.00)	14:46.38 (18.38)
3000M SC	11:03.02 (12.77)	11:07.86 (12.86)	10:56.64 (12.64)	9:17.74 (10.74)	9:19.78 (10.78)	9:18.76 (10.76)
3000 M						
1500 M	4:32.53 (4.73)	4:35.79 (4.79)	4:37.31 (4.81)	3:51.82 (4.02)	3:51.01 (4.01)	3:54.67 (4.07)
1 MILE	4:54.41 (5.11)	4:57.87 (5.17)	4:59.40 (5.20)	4:10.34 (4.34)	4:09.49 (4.33)	4:13.40 (4.40)

800 M	2:10.35 (0.55)	2:10.96 (0.56)	2:11.56 (0.56)	1:50.87 (0.47)	1:50.47 (0.47)	1:51.57 (0.47)
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SOUTH LAKE TAHOE, NEVADA ALTITUDE: 6224

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	35:04.04 (94.04)	37:30.59 (100.59)	37:28.50 (100.50)	30:05.71 (80.71)	31:08.51 (83.51)	31:45.15 (85.15)
5000 M	17:32.01 (40.01)	17:45.52 (40.52)	17:35.13 (40.13)	14:45.68 (33.68)	14:43.61 (33.61)	15:02.32 (34.32)
3000M SC	11:14.16 (23.91)	11:19.09 (24.09)	11:07.68 (23.68)	9:27.11 (20.11)	9:29.19 (20.19)	9:28.15 (20.15)
3000 M						
1500 M	4:36.37 (8.57)	4:39.67 (8.67)	4:41.22 (8.72)	3:55.09 (7.29)	3:54.26 (7.26)	3:57.98 (7.38)
1 MILE	4:58.56 (9.26)	5:02.06 (9.36)	5:03.61 (9.41)	4:13.87 (7.87)	4:13.00 (7.84)	4:16.97 (7.97)
800 M	2:10.96 (1.16)	2:11.57 (1.17)	2:12.18 (1.18)	1:51.39 (0.99)	1:50.99 (0.99)	1:52.10 (1.00)

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SPEARFISH, SOUTH DAKOTA ALTITUDE: 3593

EVENT	WOMEN			MEN		
	I	II	III	I	II	III
10000 M	34:08.07 (38.07)	36:30.73 (40.73)	36:28.69 (40.69)	29:17.68 (32.68)	30:18.81 (33.81)	30:54.47 (34.47)
5000 M	17:08.20 (16.20)	17:21.41 (16.41)	17:11.25 (16.25)	14:25.64 (13.64)	14:23.61 (13.61)	14:41.90 (13.90)
3000M SC	10:59.84 (9.59)	11:04.66 (9.66)	10:53.50 (9.50)	9:15.07 (8.07)	9:17.10 (8.10)	9:16.08 (8.08)
3000 M						
1500 M	4:31.48 (3.68)	4:34.73 (3.73)	4:36.25 (3.75)	3:50.93 (3.13)	3:50.12 (3.12)	3:53.77 (3.17)
1 MILE	4:53.28 (3.98)	4:56.73 (4.03)	4:58.25 (4.05)	4:09.38 (3.38)	4:08.53 (3.37)	4:12.42 (3.42)

800 M	2:10.23	2:10.83	2:11.43	1:50.76	1:50.36	1:51.47
	(0.43)	(0.43)	(0.43)	(0.36)	(0.36)	(0.37)

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