

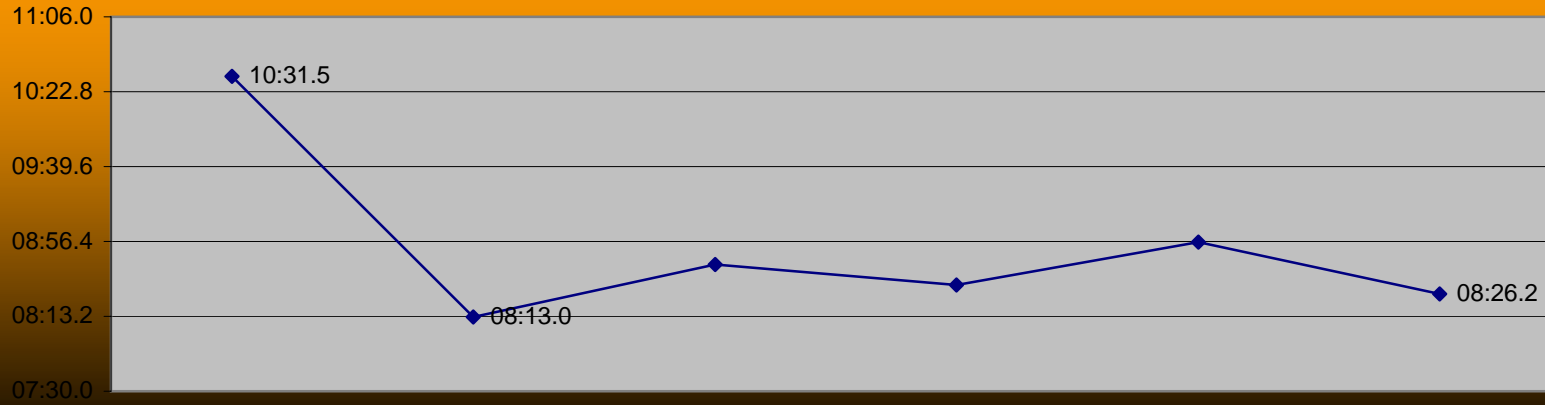
Arlyn Cook

Cross Country

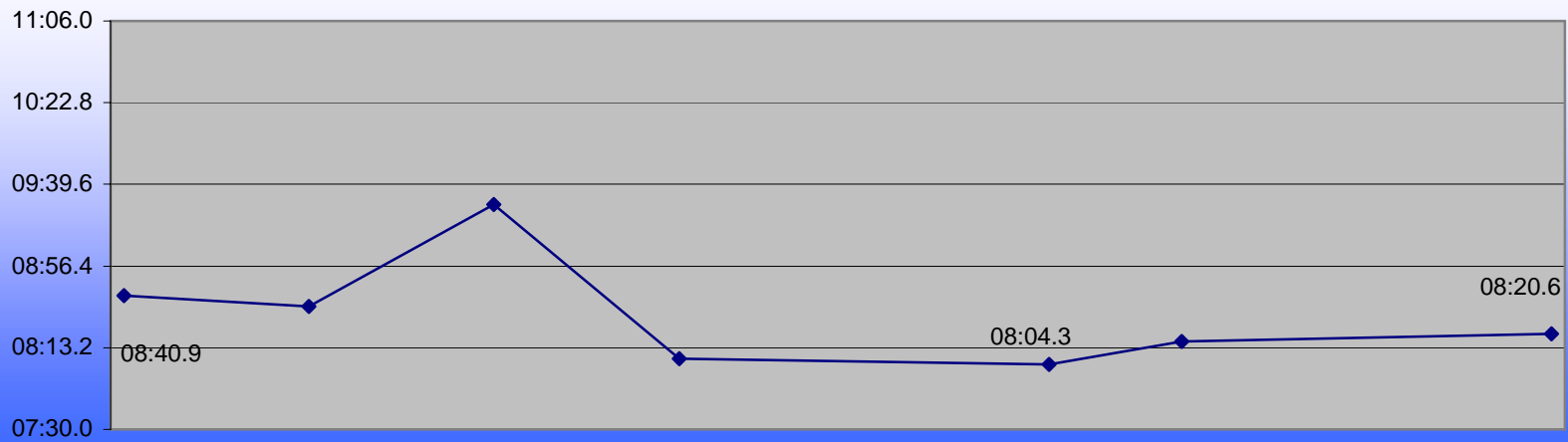
Place	Event	Time	Pace	Date	Event
46	5K	32:44.0	10:31.5	8/29/2004	2004 Bryant XC Stampede
64	5K	16:26.0	08:13.0	9/7/2004	Oak Mountain Invitational
86	5K	27:07.0	08:43.1	10/2/2004	Jesse Owens Classic - Red
108	3.05M	25:59.6	08:31.3	10/16/2004	Husky Challenge
133	5K	27:47.0	08:56.0	10/28/2004	Hoover Buccaneer Invitational
29	5K	26:14.2	08:26.2	11/4/2004	Sectionals 2004
62	5K	26:59.9	08:40.9	9/10/2005	Chickasaw Trails XC Invitational 2005
32	5K	26:42.1	08:35.2	9/17/2005	Mountain Brook Invitational
96	5K	29:29.6	09:29.0	9/24/2005	Spain Park Invitational
119	5K	25:15.9	08:07.4	10/1/2005	Jesse Owens Classic - Gold
71	5K	25:06.3	08:04.3	10/15/2005	Husky Challenge
65	5K	25:43.8	08:16.4	10/20/2005	Birmingham area high school cross country championships
21	5K	25:56.8	08:20.6	11/3/2005	Sectionals 2005



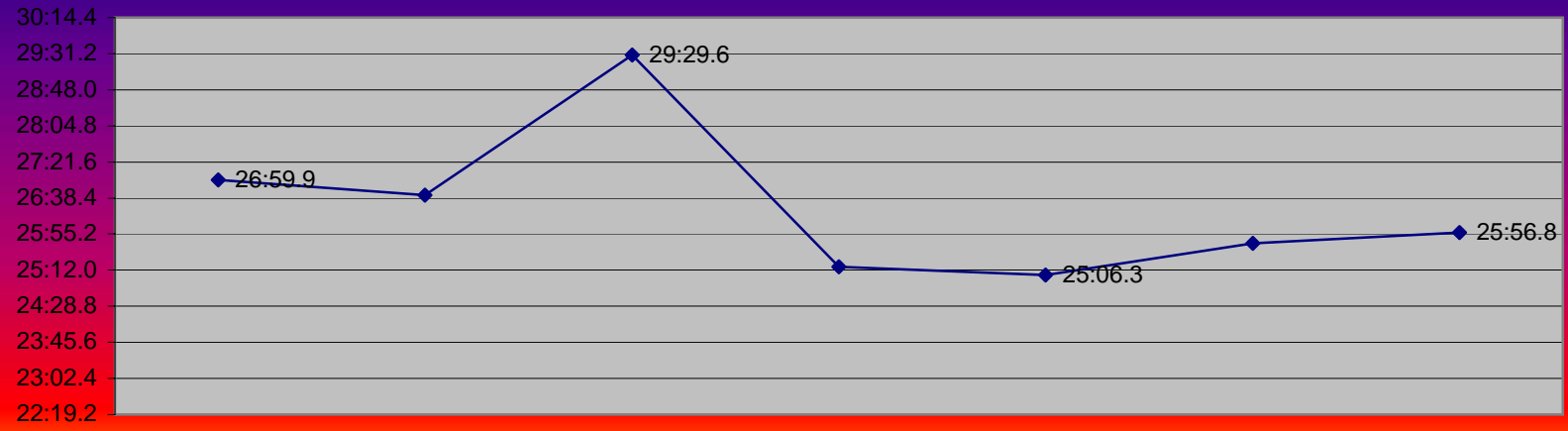
2004 Pace per Mile



2005 Pace per Mile



2005 5K Times



Track

Place	Event	Time	Pace	Date	Event
	1600 m	06:15.3	06:15.3	3/10/2006	King of the Mountain Invitational
	1600 m	06:21.0	06:21.0	3/18/2006	Green Wave Invitational
	1600 Meter	06:17.2	06:17.2	4/4/2006	Homewood Invitational
	1600 m	06:29.8	06:29.8	4/27/2006	6A Sectionals, Hoover High School 2006
	3200 m	15:37.5	07:48.7	3/17/2005	John Carroll St. Patrick's Day Meet
	3200 m	13:35.0	06:47.5	3/18/2006	Green Wave Invitational
	3200 Meter	14:04.1	07:02.1	4/4/2006	Homewood Invitational
	3200 m	13:59.9	07:00.0	4/7/2006	Spain Park Classic
	3200 m	13:49.0	06:54.5	4/27/2006	6A Sectionals, Hoover High School 2006
	330 m hurdl	66.85		3/17/2005	John Carroll St. Patrick's Day Meet
	400 m	01:12.0	04:48.2	3/12/2005	King of the Mountain Invitational
	400 m	01:13.0	04:52.0	4/1/2005	Green Wave Invitational
	800 m	02:47.7	05:35.4	4/15/2005	Mountain Brook Invitational
	800 m	02:51.4	05:42.9	4/23/2005	Spain Park Inviational
	800 m	02:51.9	05:43.7	4/28/2005	6A Sectionals, Mountain Brook
	800 m	02:57.3	05:54.7	3/12/2005	King of the Mountain Invitational
	800 m	03:00.1	06:00.3	4/1/2005	Green Wave Invitational
	800 m	03:02.3	06:04.6	3/17/2005	John Carroll St. Patrick's Day Meet
	800 m	02:47.2	05:34.5	3/10/2006	King of the Mountain Invitational
	800 Meter	02:56.0	05:52.0	3/18/2006	Green Wave Invitational
	800 Meter	02:55.6	05:51.1	4/22/2006	Scottsboro Invitational